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Where have all my old friends gone? Day 19

Thursday, May 26, 2016

"In Times of Change, Learners Inherit the Earth while the Learned are Perfectly Prepared for a World that No Longer Exists"

That was one of the quotations displayed prominently in the front of my classroom. It's also the title of my personal website - the one I continue to update and maintain even after my retirement.

During my 7 years here I've changed in many ways. Because I'm the "Queen of Gradualism" many were not visible day to day, but when viewed from a long range vantage point, I'm a different person.

So it is with the spark friends that I haven't seen in a long time. Many changes have been positive. Weight loss - yes! Fitness Gained - yes! Life circumstances improved - yes!

In other cases the news was disheartening. One thing I learned during my time here is that NO ONE is immune to regain. I was aware of the statistics. That's why the title of my spark page is "So Happy to Join the 5%" (The percentage of people who maintain their weight loss over a certain number of years). Still when confronted with real life regain the reaction is different. How could this happen? She had this. She knew what worked. OK, what now?

Life circumstances change. Some have the flexibility, persistence and resilience to adjust and focus on the goal while others are defeated by the change. Social scientists have studied why some people adjust to change and succeed when others faced with the same conditions do not. One possibility is support from outside sources.

Spark is my support group. So here I stay, every single day for my morning dose of motivation. I'm grateful to those friends and acquaintances I see here, even those with whom I have no personal interaction. Everyone contributes to my motivation just by being here.

Today's group is very motivated. A few sparks are flickering, but they are still here.

15 Active & 5 Inactive/Missing That's an amazing 75%

Summary:

189 out of 350 are still active. That's 54% still sparking!

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GINIEMIE



Mental/physical time out? I'm falling behind. Flickering



1836 days ago

Comment edited on: 6/2/2016 6:52:32 AM



LIVEDAILY



"..Learners inherit the earth..." wonderful!!

1841 days ago



CHANGINGHORSES



This has been very interesting. I agree that a daily dose of Spark is a huge PLUS! Hopefully I remain in the 5% also, but I know "life happens". When it does, I know Spark will be there with me. Spark On! You have inspired me!

1842 days ago



PHEBESS



Gradualism. I like that. All those little changes add up and become second nature. And suddenly we're living a healthier, more active life. And looking like a new person!

(I guess I've lost weight this year. I barely recognize myself in the photo taken today!)

1842 days ago



DOVESEYES



What a thoughtful blog :) so true, the support we get here is even more valuable because the people know what it is like to 'hit the plateau', 'lose motivation', 'just have that one bite' --the support is real, helpful and caring!!

So glad the numbers are still high

1842 days ago



ONEKIDSMOM



Lifelong learning... it's how we stay brain healthy!



And good for the 54%!

1842 days ago



ALICIA363



Great quote! Happy to be a learner!



1842 days ago



PHOENIX1949



1843 days ago



CD4114015



LOVE this and Spark is almost at the TOP of my important things to do! You are



for

presenting this series to us!



1843 days ago



JEANKNEE



Wonderful quote and thoughts shared today. Really like that you think of yourself as the

"Queen of Gradualism." For quite sometime I used the



as a reminder that slow and steady

would lead to the improvements I was seeking and it has.

1843 days ago



50YEARSAWIFE



Spark is on my list of things to do each and every day. 2nd thing I do each morning after my exercise. I look at it this way, I never miss brushing my teeth each day and now it is Spark People

too.
I SP
1843 days ago



WATERMELLEN

I absolutely agree with you that gradualism = adaptability to change = long term success. Our lives change from caring for small kids to working mums to elder care to (for many Sparkies, not me) retirement: and each presents weight loss/maintenance challenges. We've gotta change our strategies to reflect the changing life circumstances!!

I just realized you are riffing (am I right?) on "Where have all the flowers gone . . ."
1843 days ago



TERI-RIFIC

I love that quote.
1843 days ago

Well Said!



CARBMONSTERII

Those determined friends are the ones that will keep you going, keep you in the 5%. AND 75% is almost 15 times "the 5%", quite an impressive percentage of friends, IMHO. (Yes, I'm another "math geek"...)
1843 days ago



ANNIEONLI

I love that you did a percentage of your Sparkfriends....I did that a few years ago and it was very disheartening. But you are right....a few sparks flickering is a good thing!

Brava to the "Queen of Gradualism"!! That's awesome!



1843 days ago



HMBROWN1

Those are some pretty great statistics I think! Congrats on having some determined Spark Friends!
1843 days ago



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Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.