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"but I know I want to check in"

Thursday, April 07, 2016

Thank you to Alicia363 whose blog this morning reignited my flickering spark.

www.sparkpeople.com/myprofile_public_journal_individual.asp?blog_id=6135806

I've come to believe that just checking in here is the key to keeping on track. It's like taking a wrong turn and my GPS immediately tells me "recalculating" and informs me how to get back on the right road. That's the role that Spark plays in my life.

I woke up feeling a bit "out of sorts." No particular reason - maybe just a combination of things.

I believe in rest days, but this wasn't a need to rest as much as to surrender to blahness.

Yet, just like hopping on the scale (yeah, still stable), getting my coffee or brushing my teeth, my daily routine of checking in on SP is what refocuses my mind.

Where my mind goes, my body follows.

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PRNCSCUP1-2FULL

I fear (too much by the way) that my checking in is becoming more of an addiction than a focal point! Need to work on that!
1871 days ago



MJREIMERS

Do what is working for you! I am always glad to "see" you here. Keep at it!
1876 days ago



ANGIEN9

 Agree
1881 days ago





MARYJEANSL

It's all about habits, isn't it? Well done!
1882 days ago



PGBACK



1885 days ago



IAMSUNNYHOWARD

I understand what you are saying. I do my little morning dance, and if I am interrupted the whole day is haywire. Love the blog that was reposted! It is nice to know that even those of us who

are closer to goal still need to be mindful!
1888 days ago



BBEAGAN

Me too, checki in every morning, start the day off right. Look for the blogs and comments on blogs by people like you, to keep me focused and headed in the direction I want for myself. Thanks for staying with SP the way you do!
1889 days ago



ALICIA363



Glad we're all here to reinforce each other.



SPARKSTRONG!
1889 days ago



HOLLYM48



1889 days ago



DOVESEYES

Thanks a great reminder to us all !!
1889 days ago



LIVEDAILY



Where my mind goes, my body follows.
SO true!!
1889 days ago



TERI-RIFIC



1889 days ago



DR1939



1889 days ago



KRISSEY82



1890 days ago



PHOENIX1949



1890 days ago





HARROWJET



1890 days ago



PHEBESS

Yes! It's like hanging a bad photo of oneself on the fridge - it's a constant reminder of what to do, or more likely what NOT to do.

1890 days ago



GINIEMIE

Spark keeps my mind on what I'm supposed to do, now I just have to do it.



1890 days ago



WILSONWR

It does help keep you focused!

1890 days ago



SLIMMERJESSE

So true!

1890 days ago



CD13396003

Well Said! I SP

1890 days ago



ONEKIDSMOM

Amen and LIKE to this one!

1890 days ago



MISCHAKEO

Yes, Spark does refocus your mind on staying healthy..even if you have the blahs.

Well Said!

1890 days ago



CD4114015

Well Said!

and I SO agree with you but our weather here has been BLAH! But, yes, just my coming to spark each day is part of my ACCOUNTABILITY! I'm BIG into ACCOUNTABILITY...if I let mine slide, I'm on of those "all or nothing" people. and that is NOT good for me! It becomes a slippery slope...thanks for you knocking me AWAKE with YOUR blog!



1890 days ago



IFDEEVARUNS2

Well Said!

1890 days ago



NELLJONES

That's why I am so happy there is a Maintenance Team here on Spark.

1890 days ago



2BDYNAMIC

I completely understand what you're saying..... my day starts the same even though it is very brief... You have a great day!

1890 days ago





KDAVIS836
So true
1890 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.