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Blogs



my SPARKPEOPLE®



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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/mypa ge_public_journal_individu

al.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.

Photos

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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More Blogs by BROOKLYN_BORN

Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021

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Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021

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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

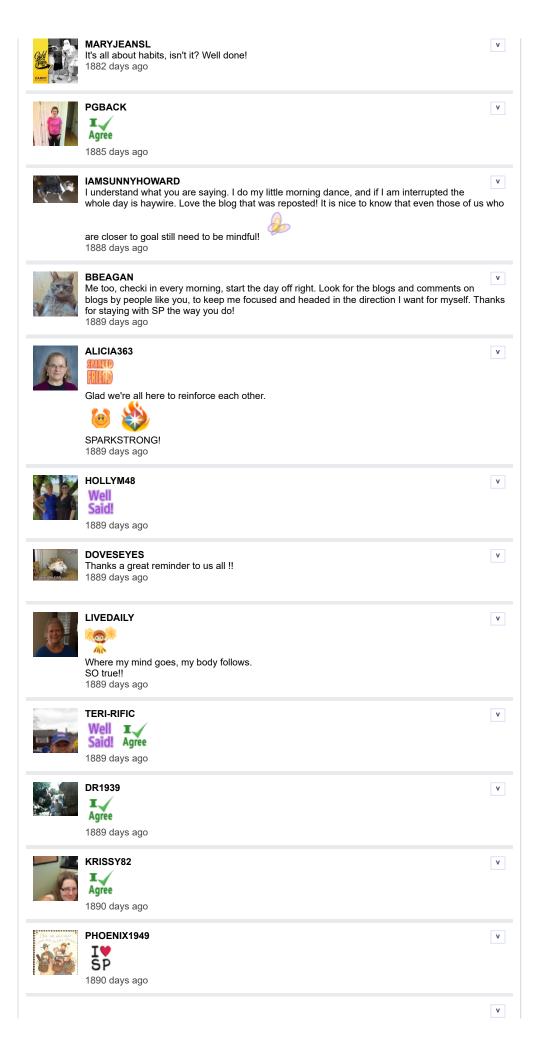
Do what is working for you! I am always glad to "see" you here. Keep at it! 1876 days ago

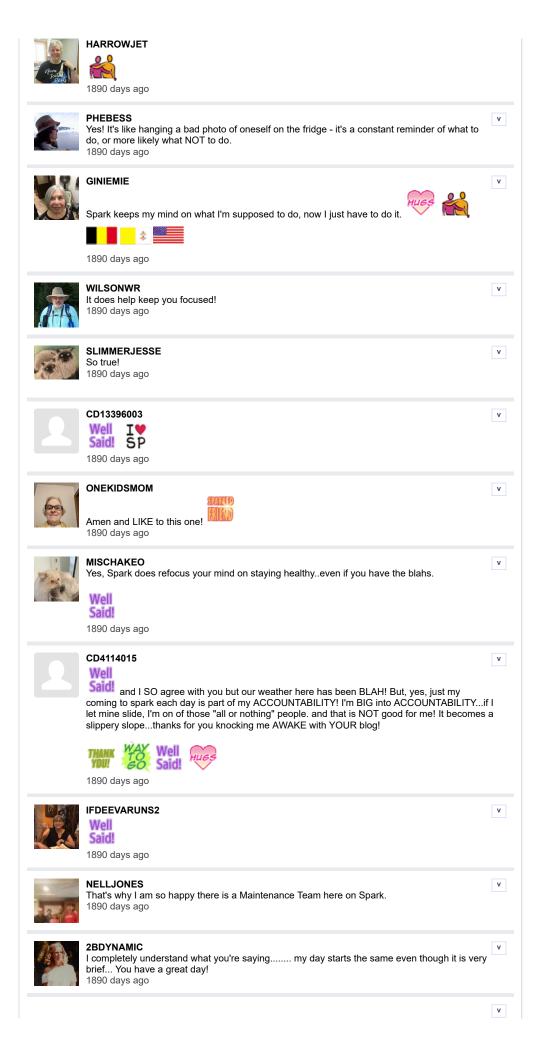


ANGIEN9



1881 days ago







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.