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It's Spark Guy's fault that my laundry isn't folded

Sunday, June 05, 2016

It's DH's fault that I burned my toast this morning.
 It's my friend's fault for retiring so that so much tempting food was right in front of me today
 It's the wind's fault that I couldn't kayak longer.
 Which are true? Definitely not the first 3.

For quite awhile Spark Guy blogged about the Ultimate Spark Challenge - extending spark principles to our daily lives beyond the food/exercise thing. I jumped right in and whenever I washed clothes, I folded them and put them away. My house was generally neater too.

I haven't seen his blog featured for some time. I became less vigilant and now I'm living out of 4 (That's FOUR) baskets of clean but unfolded clothes. Bad, bad Brooklyn_Born. Yes, I was motivated by reading his blog, but it's not like he took an oath to continue. As we all know, sometimes other things take precedence.

Now the toast. DH has made coffee for me every morning for 49 years. He toasts his muffin (or pastry, darn it!) and resets the toaster to zero for me. Today he left the setting at 4 and I burned my toast. Yes, I've gotten used to having it set up for me, but it's not like it was included in our marriage contract.

The retirement party had a lot of food options. I made many healthy choices. Yes, there were a lot of goodies too including a lovely delicious cake. Yes, I could have passed on those, but I didn't. No problem, it's not like I packed up the left overs to take home. Nowhere is it written that the world has to be arranged for me.

Now for the kayaking. My previous excursions this year were in calm water. This afternoon I could feel a storm rolling in. I was tiring fast and turned around leaving DH to continue alone. Darn wind! Or maybe I need to do more upper body (especially shoulder) work?

Yep, we all know that in the end success is up to us. So here I am posting a rare afternoon blog and determined not to sooth my general annoyance by diving into a container of ice cream.

Yes, I will also fold my laundry.

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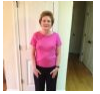
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PGBACK



Sweet wonderful hubby!

1812 days ago



BUSYGRANNYS



Love it!!!!

1816 days ago



BUSYGRANNYS



Love it!!!!

1816 days ago



AURA18



1817 days ago



PHHHISC



1818 days ago



NANCY-



Well Said!

1822 days ago



MTNMOMS



I am so glad you came to my party! It was indeed lovely and of course they boxed up the cake

and sent it home with me. 🙄

Now for the laundry we move it directly from the dryer to our bed. We then either have to fold it and put away or find another place to sleep. lol

1824 days ago



SPARKFRAN514



Great blog thanks for the reminder about revisiting the Ultimate Spark Challenge funny how when a cheer leader goes MIA we find our selves slipping and sliding along the trail proves that their is no I in team. working on my community goals again and i am finding sites i didn't know about and have been sparking for several years great blog now time to fold my basket of cloths too!

1825 days ago



SUNNYBEACHGIRL



I vote for Spark Guy to come help you fold clothes. And I am there with you because the Clean clothes in the basket folded is a usual state for me.

1826 days ago



BEESHELL8



Love it! What LIVEDAILY said - except my hubby washes the clothes, and then mine are in the basket for too long to remember!

1828 days ago



CD16296622



Way to stay positive! You got this!

It is tempting to say "because of this I" I am tempted to do that often. Making new habits one day at a time! Thanks for sharing!

1828 days ago



QUEENOTHEFOREST



Oh yes! Practice these principles in all our affairs! Love that one. 4 laundry baskets! Love that one too

1829 days ago



MARYJEANSL



P.S. What???? Making coffee wasn't included in the marriage contract?

1829 days ago

**MARYJEANSL**

Actually, I think you have a great attitude. You make the four statements, obviously blame-shifting, avoiding-personal-responsibility statements, but then you immediately point out whose personal responsibility it is. My son and I have a somewhat similar 'game' of sorts. When anything bad, unpleasant, or unexpected happens to him, no matter what it is, he turns to me, and says, "I blame you!" Equally, when something happens to upset me, I turn to him, and say, "I blame you!" We have a lot of fun with it, only because it is never true, and we know very well who is actually responsible. The other two kids just roll their eyes, lol!

BTDT with the laundry situation - best wishes emptying the baskets! :-)
1829 days ago

**KRISSEY82**

I've certainly fallen into that pattern of blame, or at the very least, despair over a plethora of misfortunes. Sometimes even the small frustrations can add up, and it helps to take a step back and think about what we can do to make things better. It seems that you did that, and in not really blaming others, you come out a happier, healthier person.
1829 days ago

**MISCHAKEO**

I have had 2 retirement parties and face one more..most likely with a cake for me. I do not want to eat that cake. On the last one I took one bite.

Nice blog. Hope you get your laundry folded.
1830 days ago

**WILSONWR**

I know a few people that really have someone else to blame for ALL of their problems in life. This was definitely a humorous way of showing the important of personal responsibility!
1830 days ago

**LOVENHWOODS**

Great blog! You started my morning with a smile! Now I'm off to do my laundry before I put it off another day!
1830 days ago

**STEPH-KNEE**

I love this blog and sorry about your toast!



1830 days ago

**HWNHMMBRD**

loved your blog.
1830 days ago

**PHEBESS**

I'm just laughing - DH and I went on a kayak tour once, and he sat in the back to steer. Except he let me paddle, and he just relaxed most of the trip!

But yeah, we get used to our sweeties doing things, and then expect things to be the same.

If the unfolded laundry is too wrinkled, you can hang up and spritz items with a plant mister, the wrinkles come out overnight. (My travel trick.)

And I hope you enjoyed that single slice of retirement cake!
1830 days ago

**CARBMONSTERII**

The Stars will not stop in their courses if the laundry is not folded & put away, but if you feel it needs to be/should be done or that you are disappointing yourself if it's not, then put those clothes away. I am a perfectionist, and very driven to have everything completed. This makes me a pain to work with, I'm sure. I am currently working on embracing "good enough", so please ignore my



outburst. I blame it on those SparkPeople articles I've been reading!
1830 days ago

Comment edited on: 6/5/2016 10:42:35 PM

**LIVEDAILY**

I wash, dry, and fold my clothes...and then they live in the basket for an additional week until I muster the strength to put them away lol



1830 days ago



DOVESEYES



1830 days ago



SMILINGEYES2



Enjoyed your blog. We are faced with so many choices everyday but we are not victims of circumstances.
1830 days ago



SWEDE_SU



we do indeed have good husbands - mine leaves the coffee maker set up for me to push the button, cup in place, knowing it would be dangerous not to do so.

i know what you mean about spark guy - is he the reason? maybe:-)
1830 days ago



GINIEMIE



When you're finished folding your laundry, you want to come and do the last two loads for me? I did three loads this morning then ran Erik around, now I'm trying to get things straightened out and my bags packed and don't want to fold more clothes....Would you? Could you?

PS we are mom and son and Erik always raises the toaster and NEVER lowers it.



1830 days ago



SYLPHINPROGRESS



Stop! The only reasonable solution is for sparkguy to head to Virginia to fold your laundry. And scrape the burned portions from your toast. No matter what, the gent who burns it is a keeper.
1830 days ago



WATERMELLEN



Talk about taking responsibility: you do!!

It's so endearing the small things our spouses do for us, isn't it: until they forget!!
1830 days ago



HOLLYM48



I hope you got your laundry folded. I personally cannot stand to let my clothes sit in the dryer once the dinger goes off, so I supposed in that case, I am a little obsessed with folding and getting all of my laundry put away.

I am sure you did a great job even if you ate some things you don't usually eat, because you are a healthy eater and the healthy way is your life. We all need little treats every once in a while! Have a great Sunday!

1830 days ago



2BDYNAMIC



I love it!..... and we need Spark Guy to keep us in line with our laundry too!....lol
1830 days ago



SPARKNB



I don't know, might be the wind's fault...said the air sign ;)
1830 days ago



PHOENIX1949



1830 days ago



KURTZIE1998



great blog, I needed that
1830 days ago



ONEKIDSMOM



Good, good Brooklyn_Born... I have laundry to fold, too... your blog made me do it!
1830 days ago





PRNCSCUP1-2FULL

I had to laugh out loud from the first few sentences of your blog!! You sound like a former friend of mine who has absolutely no ownership of the mess her life is! Note here I say former friend! I could not take any more blame for things she imagined I did to her! But, alas! We do have to own our choices and then move on! Thanks for a good chuckle! Have a great time folding those clothes!
1830 days ago



FIINALEE

Great story. 😊
1830 days ago



PEACEMONSTER

My husband brings me coffee every morning, too. :-) BTW- I think it is great that you did not decide to be "all" or "nothing" re: choices.
1830 days ago



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