



BROOKLYN_BORN

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What can we learn from our Spark friends?

Tuesday, February 21, 2017

How to SUCCEED with their encouragement!

I woke up 3 hours late lacking motivation.
 Maybe I'll just read or putter around the house.
 Oh, why not check in with those who understand how this program works.

And I read:
 "I Succeed With the Help from my Friends" (JStetser)
www.sparkpeople.com/mypublicjournalindividual.asp?blog_id=6319174

That sometimes the friend isn't even human
 Weigh No More: Lessons From Indiana (Ctyonit)
www.sparkpeople.com/mypublicjournalindividual.asp?blog_id=6319062

Then there's the updates of Slenderella, inspirational since she's out there LIVING the spark life
 "Running, eating, scale, PT, EPCOT"
www.sparkpeople.com/mypublicjournalindividual.asp?blog_id=6318774

Blogs are great when they show us how to be successful Sparkers

Sometimes the advice is even close to home
 "There Will Come a Time When I Cannot Do This Anymore – Today is Not that Day"
www.sparkpeople.com/mypublicjournalindividual.asp?blog_id=6319225

OK, message received!
 Food is pre-planned for the day. Out I go for my run!

Thank you, friends! My day and my life would be very different without you.

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CD10676776



for sharing other's links.
1566 days ago



DEEGIRL50



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IONA72



"There will come a time"We don't want to look back wishing we had done more~ do it today! Great blog♥
1567 days ago

Comment edited on: 2/22/2017 4:38:06 PM



2BDYNAMIC



Awesome to have such support here! Nice to give credit where credit is due!
1567 days ago



PRECIOUSPEG



Me too!
1567 days ago



TWEDEE777



Glad your up and enjoying life!!
1568 days ago



NEWROSE27



1568 days ago



CHERYLHURT



1568 days ago



CARBMONSTERII



1568 days ago



MBPP50



Love this blog!
1568 days ago



MARYJEANSL



Maybe I should try to do my sparking in the morning instead of last thing at night! My motivation might improve thereby.
1568 days ago



CD3409143



1568 days ago



LIVEDAILY



Thank you for being a friend!!



1568 days ago



SLENDERELLA61

Yes, I get inspired by great blogs and appreciate you pointing me to some really good ones. And I'm very honored to be mentioned, too.

You are doing GREAT! Thanks for what you do. -Marsha
1568 days ago



HOLLYM48

Thanks for all of your hard work of sharing motivating blogs with us every day. You are right about life being different without spark friends!

1568 days ago



BJAEGER307

Most excellent blog! This is really great! I've read some of these before, but there were a couple that I must of missed. Thanks for you share today! Amazing on how we can take something small from someone else, and it makes a big difference in our own life.

You take care, be safe, and stay healthy!
1568 days ago



DOVESEYES

It's great to be inspired :) !!!
1568 days ago



RAZZOOZLE

great solution
1568 days ago



ONEKIDSMOM

Our Spark friends prop us up, just when we need it! So true!

1568 days ago



LIFEFOUNDONARUN

SparkFriends are truly the best! All great blogs!
1568 days ago



WATERMELLEN

What a super blog!! This is a great community!! And: your leadership at AGAM:TM is making it even better, so thank you!!

1569 days ago



BABYBARNEY

I hear you...sharing ideas, experiences & wisdom is the KEY to the sparkpeople website
SUCCESS!!!

1569 days ago



BARBARAROSE54



1569 days ago



NANASUEH

Thank you for a great blog and sharing the wisdom of others.



1569 days ago





PRNCSCUP1-2FULL

Thank you for sharing inspirational blogs with us!! I think a better question is what can't we learn from our Spark friends? I know I learn something each and every day... Sometimes mildly relevant to my life, my experience and sometimes profoundly relevant! Other times I know where to go when that topic becomes relevant to my life! This is a great place to be! Enjoy your day and your run!
1569 days ago



MORTICIAADDAMS

Have a great day!
1569 days ago



NEW-CAZ

THANK YOU!
1569 days ago



SKYDRAKE

It is great to have friends. There are a lot of really smart Sparkers out there. Allowing their wisdom to enlighten us is a gift that we give to ourselves. (I just made that up. Hopefully it is as smart written here as it sounds in my head. LOL)
1569 days ago



GINIEMIE

It is a great place, and I found a new one-a book by Matthew Kelly entitled Resisting Happiness....it helps in many ways and I can wait for the new Best Lent Ever program by Dynamic Catholic starting next Wednesday that uses the book as a tool. Love SP but I go for inspiration in

other places too. Hope it inspires someone else too.



1569 days ago



POLSKARENIA

Yes, where would we all be without our SparkFriends and their wisdom?
1569 days ago



BLUEJAY1969

I liked all the blogs you posted and yes there is much motivation to be found with out Spark Friends!



1569 days ago



LUCYROMES

Great place to share !! ☺ Keep Sparking 🙌👍🐝
1569 days ago



CINDY247

So true ! Best wishes!
1569 days ago



1CRAZYDOG

Oh loved all of these and such wisdom! Yup . . . lots to learn from fellow sparkers!
1569 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.