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The Crisscross Effect - My checkbook balance and my scale display

Friday, March 31, 2017

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Both are just numbers.

Both give me a snapshot of a particular moment in time.

Neither one defines me as a person, but I cannot dismiss either one as irrelevant.

Both give me important information that I ignore at my peril.

Both numbers are often affected by circumstances beyond our control or some individual life challenge.

The furnace breaks - balance goes down

Medication has side effect - weight goes up.

In addition, statistics clearly show a relationship between obesity and income levels, but that is NOT the connection I'm focusing on today.

Instead I'm thinking about how those 2 numbers both reflect personal choices that I have made.

Neither number exists in a vacuum

I have to look at the big picture to make sense of either one.

I have to look at the trend. That's the only way for me to assess the true meaning of either number.

My account statement includes deposits I've made and a list of debits representing how I chose to spend those credits.

My nutrition and fitness trackers serve the same function.

Money comes in. Money is spent

Calories are consumed. Calories are burned

Both numbers are a result of input and output.

Financial security and weight maintenance requires life in balance



Being retired is often described as being on a "fixed" income - the result of choices made throughout a lifetime. I do not have much control over "input" in that context anymore.

So I must control the "output" more carefully.

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Looking over the monthly list of debits, some are necessary, but much is discretionary. Some items were carefully planned. Some purchases were mindlessly done

Do I see evidence of purchases that were really just a bunch of needless impulse buys? Wouldn't it have been better to have saved that money toward something valuable and worthwhile in my life? Or even donated it to worthy cause?

Honesty and planning is the key to my financial health. I want to get the most "bang for each buck"

My scale reports the result of the calories I've consumed (deposits) and those activities on which I have chosen to spend those calories (debits).

Here I have great control over both input and output. I have the knowledge and tools to control what I eat. Planning is the key to mindless eating.

Honesty and planning are key to maximum nutritional value per calorie.

There are a host of possible opportunities for movement. I have the tools to gauge intensity over time and choose the exercises I find most enjoyable.

Honesty and planning are key to maximum workout benefit.

My checkbook balance is not the sum total of my financial health. I have other assets and liabilities.

My weight is not the sum total of my personal health. There are other measures

Still, remaining vigilant about my finances and my weight is vital to my long term happiness.

If I ignore that checkbook balance over time, I risk bouncing a check or worse. If I ignore my weight over time, instead of a few pounds to lose, I could be looking at a double digit gain or worse.

The longer these numbers are ignored, the harder it will be to correct the problem

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BOREDA

I'm making a mess on both of these fronts at the moment, but I really appreciate what you say.

1410 days ago



SIZE8NOTSOMUCH

Wow, this made so much sense to me. I am constantly confirming (or denying) both... thank you!

1470 days ago



MARYJEANSL

Very good analogy indeed! And I definitely need to monitor both numbers more closely right now.

1507 days ago



QUAIL75

Well Done!

1522 days ago





RAINYDAYDANCERS

Very interesting thought process, and so true.
1522 days ago



MARYJOANNA

Interesting analogy.
1523 days ago



ARTJAC

Well Said!

1527 days ago



KITTYHAWK1949

so true, so true. thanks or sharing
1527 days ago



JUNEAU2010

Fantastic blog! I really appreciate the analogy. This one makes sense (cents) to me!



Well Said! **THANK YOU!**

1527 days ago



AQUAGIRL08

I LIKE IT!

1528 days ago



SUSANYOUNGER

So true
1528 days ago



PLCHAPPELL

Interesting and we'll done comparison
1528 days ago



SSMEWBORN

Wow! You have given me some things to think about today, thank you!



1528 days ago



JERICHO1991

Great reminder, thank you.
1528 days ago



KENDRACARROLL

I Agree Well Said!

1528 days ago



1DAY-ATA-TIME

Well done! I like the way you compare financial fitness to health and wellness. Very artfully done.

I LIKE IT!

1529 days ago



INCH_BY_INCH

I Agree GREAT JOB! I SP


1529 days ago





GRANDMA524DAR
nicely said.
1529 days ago



GRAMPIAN
Very sensible. 
1529 days ago



BLUEJEAN99

1529 days ago



EXERCISERAIDER
Well said
1529 days ago



CD11519434

1529 days ago



CD11519434

1529 days ago



CD11519434

1529 days ago



CD11519434

1529 days ago





NOLAHORSERIDER
Well said. Thanks for sharing!
SparkCheers,
>Nola
1529 days ago



LOISLEL

1529 days ago




QUARTERMASTER3


1529 days ago



ROCKYCPA

1529 days ago



ACRAIG921

1529 days ago

v



RAZZOOZLE

Great blog and very motivating. Great parallel,
1529 days ago

THANK YOU!



NHEMBERGER

Well Said!

1529 days ago



CD1067676

Everything is a choice. I enjoyed reading your blog.
1529 days ago

Well Done! Well Said! I Agree



JUNETTA2002

I Agree Well Said!

1529 days ago



WATERMELLEN

Great blog -- and I expect discipline in the one are extends to discipline in the other!!
1529 days ago



STEVIEBEE569

Well Said!

1529 days ago



HARRIETT14

At the end of the month I balance my check book which matches my banks, At the end of the day my tracker is balanced as well. It's a slow process losing the weight, much slower than gaining. I'm happy that I found Spark and all of you with the program. Thank you for your insight.
1529 days ago



PATRICIAANN46

GREAT COMPARISONS.....I can definitely relate to both.

Thanks for a great blog.



\$\$\$\$\$\$\$\$

1529 days ago



HAYBURNER1969

So wise! But of course, I am not surprised after knowing you for 47 years.

Well Said!

1529 days ago



BLPRETTYGIRL1

Well Said!

1529 days ago



SIXLESTER69

Absolutely!

1529 days ago



DANAPRIME

Well Said!

1529 days ago



FRABBIT

Wow great blog. Very well written.
1529 days ago





SHAWFAN



1529 days ago



KHALIA2



1529 days ago



WHYTEBROWN



1529 days ago



DIARYLIFT



Excellent analogy! I'm glad I read your blog.



1529 days ago



MAINEGIRL54



Great analogy. You are an incredible writer with terrific insights.



1529 days ago



SDEHNKE



1530 days ago



TOSTAYHEALTHY



Very well written! Much to think about as I prepare my taxes for the tax guy. Reflecting is good for the soul.

1530 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.