CHALLENGES



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I BLOG therefore I AM...NOT eating the ice cream (apologies to Descartes for the paraphrase)

Sunday, August 24, 2014

I never blog in the middle of the day. That's an early morning thing for me. This is a special case.

Today is supposed to be a rest day. I'm working on a big project. I want to finish updating my website to include the recent concert tour of my choral society before our "welcome to a new season" dinner later this week

I enjoy web design. It was one aspect of my job as Technology Coordinator that I loved.

Adding one more trip to my website was just a matter of looking at a few hundred photos, choosing the best to tell the story, editing and organizing them, selecting the best video clips and putting it all together.

Somehow I hit a snag. I always check out the final product on assorted hardware before "going live." It looked fine on my phone, and 2 of my 3 computers. On the third machine everything is askew.

I fiddled, I adjusted, I racked my brain looking at the code.

Finally, I WANTED to eat a big dish of ice cream - a huge mound like Mt Vesuvius with chocolate syrup running down the side like lava and a cherry on top like a glowing flame. We have all those ingredients in the house.

Instead I'm typing this.

As many sparkers have said, whatever is going wrong in your life, more food won't fix it. Ice cream will definitely not fix this problem.

When I'm done typing and posting this, I'm going for a walk - a nice leisurely walk. Today is supposed to be a rest day after all. Then I'm going to check out something I read in a Spark article yesterday about determining the proper weight you should be lifting. I will try a few reps of each of my strength training exercises with progressively heavier weights, just to see how they feel.

Then I will return to my project.

I bet the solution is right in front of my eyes and my vision will not be clouded by ice cream.

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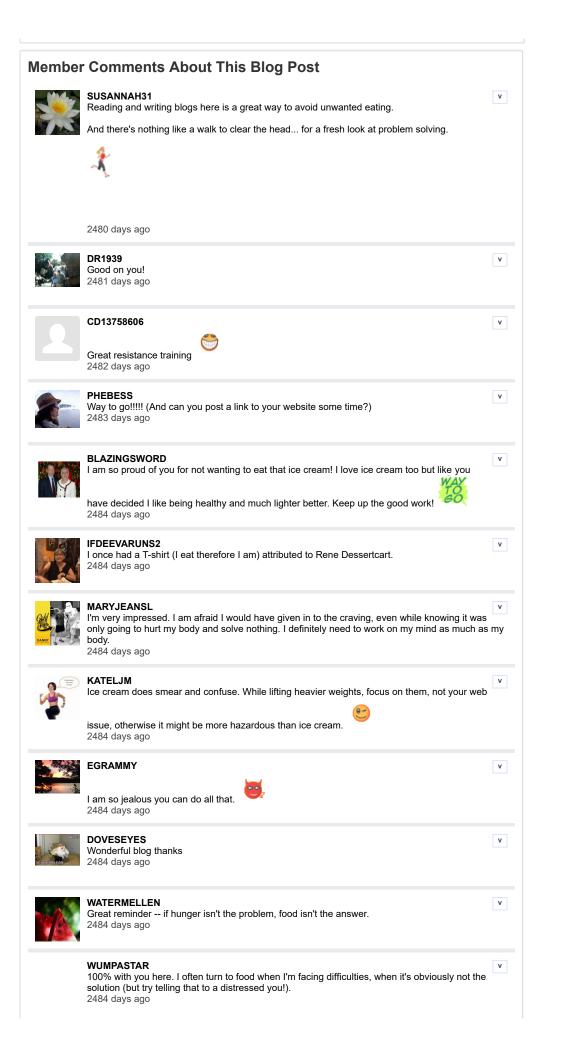
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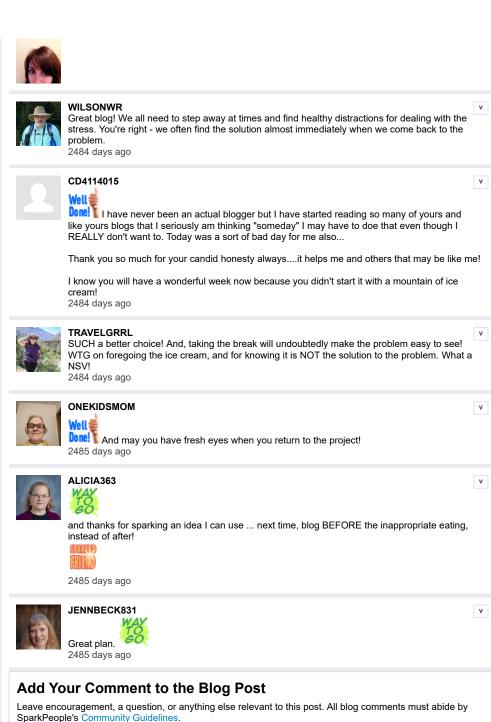
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Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.

SPELL CHECK