



# BROOKLYN\_BORN

[Change Banner Image](#)

**154,974**  
SparkPoints



Info



Photos



Feed



Blogs



Awards

More



## Putting things in perspective

Saturday, January 04, 2014

I made a long "to do" list on New Year's Eve. Not resolutions, just things I needed/wanted to accomplish during this first week of 2014.

As I look at my list on this 4th day of the new year, I'm disappointed at how many things are still on the list.

I didn't try any of those 3 new recipes that I printed out from SP, BUT I did buy the ingredients I will need.

I didn't practice the Slovak language skills that I'll need for this year's trip, BUT I did find my CDs and lessons and put them in plain sight so they will be easily accessible.

I didn't do a long run (temps have been in the 20s), BUT I did get out there for several shorter ones.

This reminds me of a related incident. As part of our church ministry, a few of us conduct a service at local nursing home several times a month. One of the residents remarked to me "you have nice legs." I thanked her for the surprising compliment which I've never heard in my entire life, even when my legs were a lot younger. Her friend agreed – "Yes, no varicose veins!"

So you see, it all depends on your perspective.

Thanks to JStetser whose blog this morning prompted my thoughts.

[www.sparkpeople.com/mypublic\\_journal\\_individual.asp?blog\\_id=5581542](http://www.sparkpeople.com/mypublic_journal_individual.asp?blog_id=5581542)

[Edit Blog Entry](#) | [Delete Blog Entry](#)

Share This Post With Others

[Report Inappropriate Blog](#)

[Add a Blog Entry](#)

See Today's Featured Member Blog Posts

### More Blogs by BROOKLYN\_BORN

[Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021](#)

[Avoiding Our Wedding Anniversary - 6/4/2021](#)

[Multitasking for Safety – Plus Remembrance and Reflection - 6/1/2021](#)

[Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021](#)

[View All >](#)

## Member Comments About This Blog Post



**MARYJEANSL**

I was listening to a radio talk show host this past week talking about New Year's Resolutions. He surprised me somewhat by saying that they are a good thing - that, even if you don't totally succeed, but partially, then that is still ahead of where you started. So, say you resolve to eat five fruits and veggies a day, but only manage two or three - well, still better than one or none. Or lose five pounds instead of 20. So any step in the right direction is a good thing. He changed my mind about making resolutions, which I never used to do.

So I think you are doing great with your to do list! Keep plugging on, and you'll get there. Even if

you don't, part way is still good.  
2716 days ago



**DOVESEYES**



2716 days ago



**TRAVELGRRL**



Love the compliment!! AND, I often find my "to do" list takes more than a day to finish. It sounds to me like you have several items "half done", so again, a matter of perspective!  
2716 days ago



**BOOKAPHILE**



Lol. My Dad calls them "very close" veins. Enjoy every compliment you get, when sincerely given. I recall my daughter (then 2) complimenting my Mother on her "lovely lallow (yellow) teef (teeth)." It's been a beloved family story for more than 30 years now.  
2717 days ago



**PHOENIX1949**



2717 days ago



**STRIVERONE**



I bet you clear your list within the next three days.



2717 days ago



**CD12146214**



That varicose veins comment made me chuckle! Definitely all about the perspective!  
2717 days ago



**CD13202979**



2717 days ago



**MWWENSIN**



Sounds like you have a good plan just may have to change your dates a little. There is one thing nice about veins being near the surface it is easier for them to draw blood. Perspective changes daily and changes with significant life events. This is good because it causes you to rethink your priorities. Enjoy the compliments in life as there are also people who will criticize. Have a great day!  
2717 days ago



**WATERMELLEN**



Too cute -- I don't have varicose veins either, and I'm grateful!!  
2717 days ago



**DR1939**



Several years ago I was having a massage and when the masseuse got to my legs she said, "Oh, you've got strong legs." I've always been told I had pretty legs, so I was much more complimented by the strong legs. Again, perspective.  
2717 days ago



**CD13099273**



Incredible Mountain Photos - thanks for sharing , yes perspective is half the battle . To me the first week is not over yet its only the forth - seven days in week - or has that changed also in the

new generation ? lol - So in my perspective your right on schedule !



2717 days ago



**MJREIMERS**



Great attitude! Being positive will help with that list. A little done here and a little done there and soon you will be checking it off your list.

I'm regrouping today! It's still bitter cold so no running, but back on the stationary bike. I also need to "detox" today as I ate sweets yesterday and the body says it's a "no no."

Thanks for this blog. I needed the reminder that things don't always go according to plan! Stay

warm and keep sparking!  
2717 days ago



**MISCHAKEO**

It does depend on your perspective. I bet you have slender athletic legs.

v

2717 days ago



**TEXASFILLY**

Thanks for sharing~ \*hugs\* BB~



2717 days ago



**TORTOISE110**

Such a good point you make! That older woman is smart too.

v

**Well  
Said!**

2717 days ago



**GINIEMIE**

I make long to do lists too. Usually daily ones, I think I'll try a weekly one and see how that works. I usually end up adding more than I knock off though. Perspective! Well every thing I cross off of course is great, everything I put a percentage by is good, and what I didn't get to....well it goes on next weeks list if I can't scramble and finish it before the end of the week. On occasion something on my list ends up not really being important-perspective too! Thanks for making me think my friend. I better get to my list though.



2717 days ago



**ONEKIDSMOM**

You made me look. Loved JStetser's photos on the linked blog... and YES, it DOES all depend on our perspective. Spark on!

2717 days ago



**JAROL7**

Good job, good list. My task is maintaining my weight loss of 2013. All of New Year's Eve Parties came back off with the SP Plan of measuring every morsel of food that goes into my mouth, calculate the calories, and journal the result in the SP Nutrition Tracker. It works. Estimating calories does NOT work for me. I did it on New Year's Eve the the result is a disaster. If we work the plan, it is a success. Happy New Year to working the plan. Today, Saturday is Day #149 of my journey.

2717 days ago



**CHANGINGHORSES**

Sounds good to me!

2717 days ago

## Add Your Comment to the Blog Post

Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by SparkPeople's [Community Guidelines](#).

☐ Subscribe to this blog

ADD AN EMOTICON

SPELL CHECK

Post Comment

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.