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# How Professor Dumbledore got me off the couch

Thursday, July 17, 2014

Yesterday was supposed to be a strength training day, but by late afternoon I was laying on the couch resting on my laurels.

I was proud of myself. I had bashed my knee on a piece of furniture the night before and skipped running. However, I did walk 2+ miles outside and finished up 2 more at the gym plus the rowing machine. Yea me, right? So I DESERVED to relax and watch TV.

While our grandchildren were visiting last week, we watched the Harry Potter movies AGAIN.

During our June trip to Europe we visited the locations around London where they were filmed and even spent 3+ hours on the studio tour (a fascinating place for fans of the series). It was fun to recognize the locations and props we had seen in person, but I always fell asleep before the end of the movies.

So I decided to catch up on what I had missed.

Near the end of "Harry Potter and the Chamber of Secrets" Dumbledore said to Harry, "It's not our abilities that show what we truly are, it is our choices"

Wise man - he could be a spark motivator.

So, I continued to watch TV, but I picked up my dumbbells (which I keep in full view right by the TV) and completed an ST session.

Later while catching up on news stories online I came across a poignant remark by the young girl who survived the massacre of her family. At their memorial she also quoted Dumbledore.

"Happiness can be found even in the darkest of times, if one only remembers to turn on the light." ("Harry Potter and the Prisoner of Azkaban")

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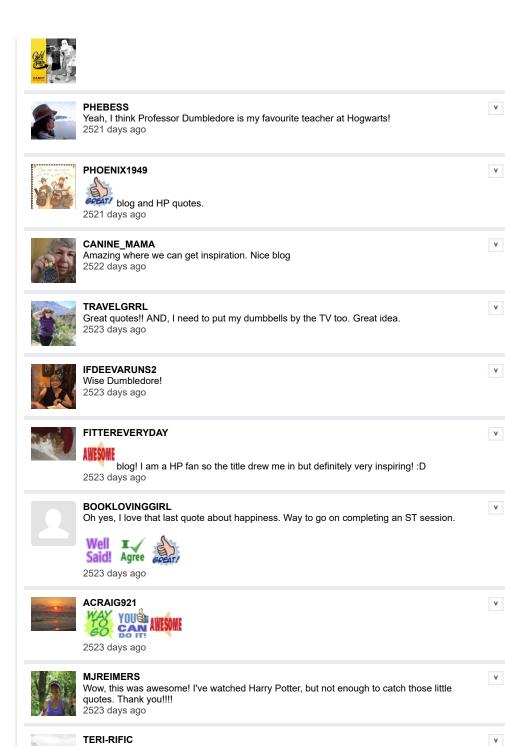
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**TERI-RIFIC** Well

said and well put together. Great quotes and inspiring.

2523 days ago

Wow those are both such great quotes, and especially the little girl that had been through one of the worst things imaginable and still talks about the light that will come if we look for it. She is such an inspiration. Great for you for getting it done! I have to do mine early or I'm too tired in the evening. But whatever we do, whether morning or night, we just need to get it done! 2523 days ago

Both were great quotes. It's definitely our choices that mold our lives. We even have the opportunity to learn from bad choices if we take advantage of it. 2523 days ago

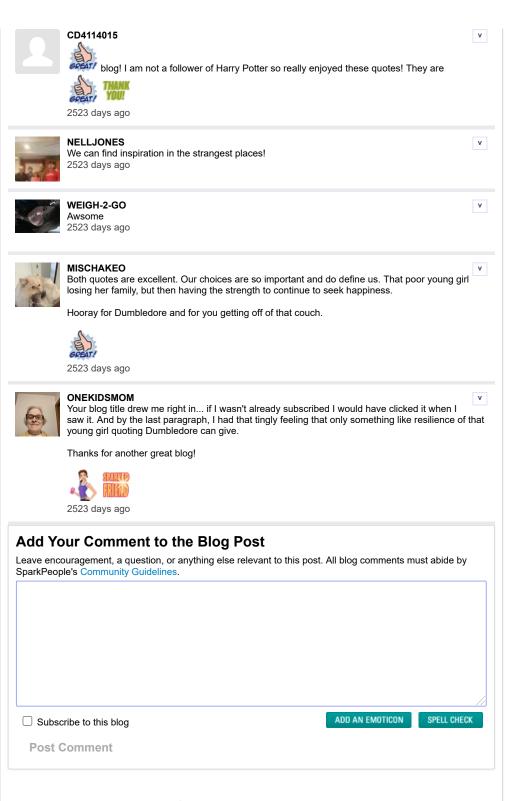


### WATERMELLEN

Nice!! HP is not something I've watched/read but there's lots of wisdom here!! 2523 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.