



BROOKLYN_BORN

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The Ultimate Official SP Life Challenge and me

Friday, November 27, 2015

Yesterday Thanksgiving Day marked the first day of my 7th year of maintenance. Although I give total credit for my success to the motivation I receive by logging into SP each day, I don't usually participate in "challenges." I know they are very valuable for many people, but I have always proceeded gradually toward my own goals at my own speed and on my own terms.

About 2 weeks ago my daily Spark email contained an announcement/blog from Spark Guy about this new challenge where we would extend the principles of Spark to all areas of our lives.

First a confession: My first thought was "oh great, something else Spark Guy thinks I should be doing. Don't I do enough already? What ELSE does he think I need to do?" However, since I am a true Spark believer, I began reading and cautiously following/participating in this challenge reluctantly.

What began as OK, "I'll give it shot," has evolved into something I want to continue. I do have my weaknesses after all. I HATE housework! I also have some other goals that I've put off for weeks or even months at a time.

It was just like that "aha" moment when I decided to do something about my weight gain on December 6, 2008

www.sparkpeople.com/mypage_public_journal_individual.asp?blog_id=5783351

Now it was time to expand my horizons.

So far I have consistently included my dreaded household chores in writing right up there with my workout (which I like) and my nutrition plans (which I follow quite well).

My house still isn't perfect, Better Homes and Gardens will still never spotlight me, but neither am I looking around with guilt and dread at all the stuff I SHOULD have done. That's a good feeling.

For 11 days I've set aside time to work on language self-study (Slovak). I have passable, ungrammatical knowledge of this Eastern European language, but just as I pick up my dumbbells regularly to keep my muscles strong, perhaps regular practice will better prepare me for my next trip to that part of the world.

This challenge suits me well. I can make gradual, daily improvements in those areas of my life that need work. There is no specific definition of final success. It's an ongoing process. Each day I will resolve to do a bit better than I did yesterday.

Note: Here's the link to the challenge in case you don't get the daily mail.

www.sparkpeople.com/mypage_public_journal_individual.asp?blog_id=6032197

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DEB9021



I, too, hate housework and forced myself to join the Organized Life team because I finally convinced myself that I should not just join teams that I am already onboard with. :-)) I added a 10 minute chore to my daily to dos, along with exercise and good eating goals, and I have not regretted it. I admit it is still the first thing to go if time is crunched, but it is soooo much better to do a little each day instead of looking at a filthy house until I feel overwhelmed and have to give up hours to make it decent again. No, it isn't spotless by a long shot, but better and a lot less stressful. Good exercise and healthy eating have become a joy. So far not happening with organization and housechores ... Hahaha ... But it is better.

I am planning to join this challenge, too. New year is a great time to refocus. I have done less pen to paper this year and I miss that. I seem to waffle between my personal preference for writing by hand (it just feels more personal and thoughtful to me) and participating more electronically, which helps me be more a part of the community. So I am deciding how to organize this. Maybe a paper planner but a weekly blog?

2013 days ago



MARYJEANSL



You have given me a bit of an 'aha' moment, too. I too hate, loathe, and despise housework; thus, it rarely gets done. Maybe I need to follow your lead!

2017 days ago



MJZHERE



Congrats on 7 years of maintenance! Always new goals - always "new challenges" as we are always works in progress.

2017 days ago



SWEETNEEY



Wishing you a healthy December.

2018 days ago



HOLLYM48



Congrats on all of these successful years of maintenance! That is just awesome! I am following along and wading in a little bit with the new challenge. It certainly makes perfect sense! Spark on!

2020 days ago



GINIEMIE



Your initial reaction and follow up was better than mine. Mine was I don't have time for anything else now. I'm failing on tracking my food, I'm not keeping up with my paper work and now I'm falling behind in my steps. I guess I need an external motivation- a kick in the butt comes to mind-there is plenty of space to not miss that.

I decided to answer this instead of doing what I should be doing, prepping for a lesson tomorrow.

so for the rest of this Sunday,

1. prep for tomorrow's lesson

2. sweep up for the people coming over tomorrow

3. cut out a few Christmas gifts and stitch up 5 animals for the hospital.

4 ready my pills and coffee pot for tomorrow!



5. finish putting clean laundry away



Maybe not in this order but it needs doing NOW!

Writing this down and off to do it, now that I told someone else I would do some work. Thanks for

your inadvertent challenge. I'm off to check some work off my list.



2020 days ago

Comment edited on: 11/29/2015 4:12:22 PM





FORZACHANDMATT

Love this and I'm going to check out the challenge
2020 days ago



CD4114015

I actually agree with all you say here! And Yes, even about the challenge....but you ahve



INSPIRED me with this blog!
2022 days ago

THANK YOU!



DOVESEYES

I'm reminded of the saying "you are only old if you stop learning", you have included learning and 'growing' in knowledge altogether!!!
2022 days ago



PHEBESS

Think of learning and practicing a new language as a way to exercise your brain!!!
2022 days ago



SUBMOM2

Thanks for bringing this back to my attention. When I first saw it, I was a little confused and overwhelmed by it, so I set it aside. But you inspired me to read it again. My general lack of organization has caused some of my long-term goals to stay out of reach, but this could be an approach that works for me. Thanks for sharing it and and congratulations on beginning your 7th year of maintenance!!
2022 days ago



SPARKGUY

Thanks a bunch for your support, BB -- I really appreciate it!



Congrats on your maintenance and on the progress towards more goals. It's fun to see your results with both housework and language self-study.

SparkCheers!

Chris (SparkGuy)



2022 days ago



TERI-RIFIC

I've been avoiding it for the reasons you mentioned. Now I'll have to look at it. Congrats on 6 years of maintenance! Well done!
2022 days ago



LIVEDAILY

First - Congratulations on your anniversary!!



Second - It is gratifying, in a way, to know that I was not alone in my initial reaction to the new challenge that is being developed. It just seems very overwhelming to me at this point in time. Maybe at some point in the future...



2022 days ago



SWEDE_SU

yes, laura got on board, and you got on board... and well, i think i'm on this train too - sometimes we need that little extra thing to push us, and especially when we are in maintenance, and we just want to stay where we are, we need something extra. and if it means the criss cross effects.. well - let's see where we get!



and congrats on 7 years of maintenance!
2022 days ago



MJREIMERS

Congrats on your seven years of maintenance and for your "a-ha" moment. I hope life keeps giving your those "a-ha" moments.
2022 days ago





MISCHAKEO

It does look like an interesting challenge. I liked his comments about the criss cross effects of losing weight that affect other areas of your life. Congratulations on 7 years of maintenance.
2022 days ago



PGBACK

Hi,
I had the same initial reaction as you, and I thought I would check it out more. I am still thinking about it, but I am definitely leaning that way. Have a great day.
2022 days ago



CD2244567



2022 days ago



ONEKIDSMOM

Oh, my... your initial reaction to the e-mail was very similar to mine. The resistance of "I'm weary... I do so much already... do I really NEED this now?" Because I know darn well if I overload myself with commitments, it's a recipe for burn out and failure. Sometimes the goal is to just keep going, because of what's on the plate right now.



But... then Laura got on board. And now you... I see a time, in the future... when I'll get drawn in. Because as my "a-hah" of the year has revealed, I should not let the fact that someone is recommending something STOP me from giving it a try, and reaping the benefits.

So... it's on my list. For when I finish a couple of other things I have in progress! **THANK YOU!** for being a leader once again!
2022 days ago

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