



# BROOKLYN\_BORN

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## What to do when things don't go as planned?

Tuesday, February 28, 2017



Turn to the best resource Spark has to offer - the Spark People!

I always turn to the blogs first, especially the blogs of the "helpers"  
Something there always gives me my daily dose of motivation.

Yes, there are lots of useful resources and challenges on the site . But it's connecting with people who are also on the journey that makes it real. It's different from reading about one celebrity celebrating weight loss in some magazine. Here REAL people are working through the daily challenges of living a healthy lifestyle and we don't even have to wait for an official meet-up. Just login and see who's around.

I sing with a chorale.  
We usually sing a classical repertoire in full, formal concert dress (men in tuxedos!)

This weekend some of our 100 members looked like this in our concert "The Sixties - Music That Rocked the World"



It was a great concert and over 2 nights we drew our largest audience ever.  
I was on the top of the world singing the soundtrack of my life.

Soon after the applause ended, 2 messages in my inbox left me unsettled and brought me back down to earth.

In the morning although the music was still playing in my head, I wasn't feeling the "Age of Aquarius" at all.

Harmony and understanding?  
Sympathy and trust abounding?  
No more falsehoods or derisions?  
Golden living dreams of visions?

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Really? That didn't work out as expected at all.  
What "Age" are we in now anyway?

Then, after reading a blog by 2BDynamic, I decided to "treat" myself to a nice long run out in our beautiful world. Maybe that would clear my head and restore my spirit.

What kind of a run would it be?  
The blogs of Slenderella provided a variety of options.  
I consider her my virtual coach.

Soon I was just soaring along with a new spirit - 3 miles, 4,5,6 miles.  
The spirit was willing enough but then my right IT band was stiffening up.  
That's the tendon on the outside of the knee.

"Don't run through pain" said the spark friends in my mind. I remembered the advice of a 99 year old runner to stop and stretch the wonky body part DURING the run.

I stopped at 6.5 miles and stretched as a Spark coach once demonstrated in a video.  
That was good enough to complete another 3 miles ache-free and my spirit was ready for another day.

Now there was a different song in my head.

"Ain't no mountain high enough  
Ain't no valley low enough  
Ain't no river wide enough"

To keep ME from my GOALS!

Thank you Spark People!

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**KHALIA2**

**AWESOME**

1165 days ago



**AMBER461**

Thanks for sharing, enjoyed your blog.

1552 days ago



**JSTETSER**

**I ♥ SP**

1553 days ago



**JUNETTA2002**

**I LIKE IT GREAT!**

1555 days ago



**DONNALEE-53**

**AWESOME**

1555 days ago





**QUAIL75**



1556 days ago



**MOM4HOCKEY**

Thank you! Wonderful blog!!  
1556 days ago



**BEESHELL8**

Love it - wow, you got a good run in!!  
1556 days ago



**EDDYDVM**

Great advice!  
1556 days ago



**MICHELORRAINE**

What a great testament to incorporating all the many lessons you're gathered from SparkPeople over the years! Thanks for the reminder about some of these things and a new lesson or 2!



1557 days ago



**AWONDERS59**



1557 days ago



**JVANAM**

Freedom is not worth have isn't worth having if it does not includes the freedom to make mistakes. ~ Gandh  
1557 days ago



**BACK2SCHOOLGAL**

I am one that doesn't plan as plans don't work out. There are things I know I need to do each day, but that isn't the same as planning, as it is a need.  
1557 days ago



**RACHNACH**



1558 days ago



**WORKOUTWITHPAM**



YOU are AWESOME!

1558 days ago



**LVMS61516**



1558 days ago



**BRIDGETTEANNB2**

Way To Go Girl!!  
1558 days ago



**CD13425951**

That's awesome. 6 miles! I am not there yet. I was ecstatic yesterday that I made it 6.6 kilometers for the first time in my life. You inspire me.  
1558 days ago



**TOMATOCAFEGAL**

Awesome blog. Thanks.  
1558 days ago





**1958TMC**  
Love your blogs!!!!  
1558 days ago



**CD17303035**  
**AWESOME Well Said!**  
1558 days ago



**CTCOLL41**  
Wow good job you are very motivating  
1558 days ago



**ANNIEONLI**  
**WSS!**  
Amen!!  
1559 days ago



**OOKLATHEMOK**  
keep it up  
1559 days ago



**STEVIEBEE569**  
**Well Said!**  
1559 days ago



**PRECIOUSPEG**  
Fabulous blog, as always. YOU are one I turn to for inspiration and motivation!  
1559 days ago



**BIGRENTMAN**  
Well said keep sparking  
1559 days ago



**RHIO3TRE**  
Thank you for this beautiful blog!  
1559 days ago



**TCANNO**  
There is load of freely given help on here and nobody bad mouths anyone, great place to be  
Trev  
1559 days ago



**PEAJAY26**  
The people part of SparkPeople are fabulous. So glad that you Rocked and Rolled (and ran) your way through.  
1559 days ago



**PROVERBS31JULIA**  
I have SOOOO got to get a Spotify Playlist started for the 60's and 70's music of our lives. Coach Nicole's playlists are okay but they are the music of her much younger generation.... Nominations??? Send me suggestions either in SparkMail or on my Spark Page etc.



Your groovy doovy concert attire was fun to see!! I have one of those t-shirts too!! Say, what was on your concert playlist? That might be some good ideas too!!

Thanks!  
1559 days ago



**KITTYHAWK1949**  
thanks for sharing  
1559 days ago



**WHITEANGEL4**  
Sounds like you are doing great  
1559 days ago





**ARTJAC**

Well Said!

1559 days ago



**LESLIESENIOR**

"Winter, spring, summer or fall,  
All you have to do is call,  
And I'll be there, ye ye ye,  
You've got a friend"

After reading your blog, so many friendship songs popped in my head from the 50's, 60's and 70's.

Thanks for sharing!  
1560 days ago



**PHHHISC**

Great!  
1560 days ago



**SUTHRNWMN**

Great Attitude to go along with the great help here on SP. Keep up the good work!  
1560 days ago



**KENDRACARROLL**

What a great performance this must have been?  
Your (rhetorical) question about what "Age" we are in now made me chuckle. I don't even want to begin to define that.



Glad your run snapped you out of it. Physical activity is a definite mood booster.  
1560 days ago



**INAMINIT**

👍👍👍👍  
1560 days ago



**IDICEM**

1560 days ago



**CD4114015**

AWESOME to see you on this side so much!!!  
1560 days ago



**1DAY-ATA-TIME**

Thank you I needed that this morning. Love the outfits!!!  
Woke up with a sore back and felt disappointment and frustration because I was just getting back into the swing of things. So today it a change of plans. Instead of my early morning walk, I have to readjust and get on my exercise bike and consider a trip to the chiropractor. But I will not my malady get me down.  
1560 days ago



**PGBACK**

GREAT JOB! I ♥ SP

1560 days ago



**IMLOVINGME**

Keep smiling, Keep shining knowing you can always count on friends.

"That's What Friends are For".



1560 days ago





**GLORYB83**



Keep up the great work!!

1560 days ago



**SUSANYOUNGER**



1560 days ago



**NATALIA\_123**



1560 days ago



**RUNSWITHDEER**

Keep singing and running!!!

1560 days ago



**GRAMPIAN**



Well done!

1560 days ago



**BLUEJEAN99**



1560 days ago



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