



BROOKLYN_BORN

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Following advice (or not) sometimes depends on the source

Wednesday, January 11, 2017

My daughter, who recognized that I needed to make some changes, gave me a food scale for Christmas a decade ago.

Eh, who needs it! I eat healthy food

Then she gave me a set of dumbbells.

Eh, who needs those! Look how fit I am.

Then she told me about Spark and I joined and OTHER people told me to use that food scale and pick up those dumbbells and I DID.

For months now DD#1 suggested that I download Runkeeper Go . I had lost my SPAT during the summer and none of the popular devices really suited me. Plus it was FREE, a quality she knew would appeal to me. Still, I ignored her advice just as I had done with the food scale and the dumbbells.

She had drifted away from Spark even though I am a permanent fixture here. Then she (Hayburner1969) returned at the new year to get back on track herself. She's even blogging.

I read her blog "Runkeeper Go" and guess what? I downloaded it and I LIKE it.

I always consider the source when given advice.

Advice ignored...advice accepted from the same person only in a different environment??

I love these little aha moments

Whose advice do you listen to?

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NUMD97

Sometimes we need to hear the same thing from several sources, not so much the same person in a different environment. I tell my sister when her husband and I agree, like EF Hutton, she should pay attention, because we NEVER agree on anything!

It's all about perspective. Nice that you and your kiddo can support each other "out there" in the real world as well as in here. More positive reinforcement makes for a permanent program, methinks.

Thanks for the post, B_B,

Nu
1606 days ago



PROVERBS31JULIA

Weilllll... I certainly don't listen to my daughter's advice, because I don't have a daughter, and for sure, my mom doesn't listen to my advice... I'm trying to remember how I even heard about SparkPeople - it wasn't my doctor(s) because none have ever acted like they had heard of it whenever I've mentioned it.

But the main thing is that you are here and still on your journey and your daughter is back on her journey and we all need to FOCUS on the future!! And don't look back, as we're not going there!
1606 days ago



NASFKAB

you have a great daughter & so d l
1607 days ago



MILLEDGE2

I listen to my Sparkfriends! I have to smile at you, though, because even though my late mother loved me dearly, giving her any advice would have insured she would NEVER have followed that course! Til the day she died, age 92, she was stubbornly determined. Sadly, there were a few ways her quality of life might have been better if she had been willing to consider her adult daughter might be a friend too. Good for you!
1608 days ago



MARYJEANSL

My kids (ages 26, 23, and 15) never listen to advice from me, although they do listen to it from others. I think that is common. And I might not listen to advice from them, although I would hope that I would at least think about it. :-)
1608 days ago



RAZZOOLE

1608 days ago



SHAWFAN

Good for you.....and your daughter!
1608 days ago



SKYDRAKE

Love it. Now that my kids are the ripe old ages of 20 and 22 I am sometimes floored by their insight into things. I guess we shouldn't be, we raised them afterall.

1608 days ago



ELAINEB1972

1608 days ago



BJAEGER307

Congrats to you and to your daughter. Glad you both are doing Spark. For most things I listen to everyone's advice and then take the best from them all. On tech stuff definitely my son. I paid

for his education, so I think I should benefit from those very expense tuition bills.

1608 days ago



JEANNETTE59

At the moment I'm going to take your advice and check out Runkeeper Go!

1608 days ago



GINIEMIE

I love it that your daughter has been a source of good advice and inspiration. Mine has too on

occasion but other times she has been off the mark. Consider the source and the advice.





1609 days ago



52BINCE



As a smart man I listen to my wife, 2Bdynamic. That way I stay out of trouble!.....
 As for kids, all I can say is, weren't they cute before they learned to talk and once they didthey turn things on us!.... We are parents and we are supposed to know more because we have lived here a lot longer.....lol
 1609 days ago



LADYLUK



I listen to what my daughters, my sisters and my mother and then I decide usually to do what Mom said LOL. She is still one of my best friends.
 God bless you and keep you on your journey! Have a fabulous day!
 1609 days ago



LIVEDAILY



I listen with half an ear to all advice, mull it over, research it, consider who it's coming from before I make a decision of any kind.
 1609 days ago



DOVESEYES



Yours !!! :)

I read everyone's ideas and then I try some and incorporate what works for me.
 1609 days ago



WATERMELLEN



That's hilarious!! And after all, YOU're the Mum: she's supposed to take advice from YOU, right??
 1609 days ago



ONEKIDSMOM



Ah-hah! And I listened to my Spark friends who said "if you don't drink, don't start"... and I have yet to try that wine the kids suggested at Christmas dinner!
 1609 days ago



CD4114015



AWESOME KEEP SPARKING! you are very blessed to have your talented daughter!
 1609 days ago



PEACEMONSTER



I take advice from those people whom are achieving the goals I want to achieve.
 1609 days ago



1CRAZYDOG



Oh yes. . . I always consider the source!
 1609 days ago



TERI-RIFIC




When I ask my daughter for advice she never wants to give it, but unsolicited advice, she'll give. I usually end up listening!
 1610 days ago



PEGGYO




 1610 days ago



BLUEJAY1969



I listened to my pain management PA when he suggested SP and I'm so glad I did! Sounds like your daughter knows you pretty well! It's good that you found a tracker that you like and that works for you!



1610 days ago



YELLOW09RED

Wonderful!
So happy for you.



Glad she came back and it helped you.
1610 days ago

Daughters are Wonderful!



CARBMONSTERII

It seems like it is pretty common to be most difficult to accept advice from those we love and those who love us. This makes no sense, but I've seen way too many examples to not believe it is so. Humans are funny critters! I guess I would simply focus on the fact that when you were ready, you heard and acted on the advice. You just weren't really ready to do it before.
1610 days ago



TORTOISE110

Gosh, what a great question. I rarely take advice quickly. This is a fault! I have to mull it over, consider everything and then decide. Your way definitely sounds more efficient!!
1610 days ago



SUNNYBEACHGIRL

My wonderful daughter neither takes or gives advice. She is her father's child. He doesn't listen to me either.



I have acknowledged that I can get stubborn and not listen well to some people. I try to remind myself of that weakness.
1610 days ago



DR1939

Usually from those I have for advice.
1610 days ago



POLSKARENIA

My dad always liked my suggestions, once he had got it into his head that he had thought of them lol. That used to be fun!!
Glad you two are sharing good ideas.
1610 days ago



2BDYNAMIC

Wow! ... And we say our 'kids' never listen! LOL What a delight to see her back in sparks and responding to your message!!also funny how when our kids were little, we raised THEM and guided them where they needed to bealong the way in life. THEN they grow up and the tables turn! ... Now who is the child we ask! (I have had many a "talk' from my brood! But



then, when I consider I raised themI guess it would be smart for me to listen!

again! Very cuteand awesome you are spark buds too!
1610 days ago



PHEBESS

LOL! Isn't it funny how the same advice from two different people, or two different places, changes how we feel about it? (I do that all the time!)



I'm pretty low tech, though - I like my trusty pedometer. Though I noticed a friend wearing what seemed to be a watch fitbit - I didn't ask, but now I find myself thinking about getting one of those.
1610 days ago



SLENDERELLA61

When it comes to smartphones and computer stuff, my daughter is my top advisor!! When it comes to diet and exercise advice, my SparkFriends are great!!
1610 days ago



PHOENIX1949

1610 days ago



SMILINGEYES2

Friends and family are a great resource. Let us know what you think after using it awhile.





1610 days ago



HAYBURNER1969

By the way, Mom, we can be RunKeeper friends, too.
1610 days ago



MORTICIAADDAMS

Your daughter sounds like a great resource. I definitely would listen to her as she is right on the money with her gifts and advice. I wish someone had given me a food scale years ago!!
1610 days ago



HAYBURNER1969

Ha ha ha, I wish I could say I blogged about that to try to get you to use RK Go, but no, it just popped into my head to write about it and get other people to mention apps that they like. Turns out my blog was rather timely, given the demise of the SPAT. I had no idea about that. If you would like any more tips on customizing RK to your liking, just let me know. I have mine set to tell me every half mile how far I've gone, what my overall pace is, and what my current pace is (although current pace can be not too accurate, given the nature of a GPS device.) I also have RK set to auto-pause when I stop for something.



I'm glad you like it, but it really wasn't my intention to push or shame you into using it! Ha ha.
1610 days ago



PRNCSCUP1-2FULL

Ah-ha! Maybe her blog was her plan to get you to accept her advice? Clever. I bet she is an excellent mother herself using her techniques on her own! Maybe it all stems from the same reason we take out our frustrations on loved ones? We know they love us no matter what. But, when their suggestions appear to be what the healthy people are using or doing.... Well, let's not say they were right! LOL! I accept the advice from people for whom I ask advice. I use it after I do a little research. I try to accept and use advice for weight loss, but I tell ya.... I do struggle with this one!
1610 days ago



SWEDE_SU

i bet your daughter appreciates this blog! my daughter set us off on our plant-based journey by recommending a book called The China Study and we've been grateful ever since. OTOH, i'm not so sure how many of my recommendations my daughter acts on - at least at first glance. maybe with time!



sounds like you have a pretty clever daughter!
1610 days ago

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