



BROOKLYN_BORN

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Thank You Kelliebean - my personal motivator of the day

Saturday, March 11, 2017

I woke up with negative thoughts. The wind was howling creating a wind chill of 24 degrees. That is NOT how this weather wimp wanted to do a 5k training run this morning.

I truly would have bailed except for my daily Spark login and reading:
"Reframing"
www.sparkpeople.com/mypa_ge_public_journal_individual.asp?blog_id=6330818

Check it out and even bookmark it for whenever the "I don't wanna" bug strikes in any area of your life.

This is how it worked for me when I followed Kellie's lead.

It's cold, bitterly cold
Oh, this is a good chance to try out those "winter weight" tights I bought and the "Smart Wool" socks too.

I don't want to drive to the track.
Oh, it's right by the supermarket that has my favorite protein bars on sale. I can stop afterwards.

Darn it. I forgot my phone. The Runkeeper app tells me my pace.
OK, it will be a good chance to go by how I feel.

The wind is right in my face, ALL the time.
This is good practice for a real race if its windy. Then I'll know that I can keep going.

Bottom line - 3 miles in 30 minutes flat in awful conditions. ! I feel great!

Seriously, head on over to Kellie's blog. It is definitely worth your time.

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SWEDE_SU
love this! how to turn things around! lemons and lemonade...
1538 days ago





PHEBESS
Attitude is everything!
1539 days ago



KENDRACARROLL
Well done! Hope spring catches up with you soon.



1540 days ago



DOVESEYES
You are awesome :)
1542 days ago



MARTHA324
Warmed up a bit here and snow melting. Spring is on the way.
1542 days ago




52BINCE
Great job overcoming the obstacles!
1546 days ago



WATERMELLEN
We can't change what's happening but we can change how we respond to it!! Reframing is powerful and you absolutely show how it worked in YOUR situation!!!
1548 days ago



NANASUEH

1549 days ago



CHAYOR73
Fantastic attitude!!
1549 days ago



PRNCSCUP1-2FULL
Kellie really motivated me with that blog the other day too! I wasn't doing the whole cold run thing, but this week has been tough all around! Reminding me to reframe helped, plus I enjoyed the song!!
1549 days ago



2BDYNAMIC
I don't know how I missed this Just now saw itBut definitely a high five and way to



go on overcoming chill factor, cold winds etc etc



1549 days ago



HAYBURNER1969
Way to get it done!
1549 days ago



HOLLYM48

1549 days ago



GINIEMIE
I like the reframing idea, and your examples. Good job Elaine. Keep it up.





1549 days ago



NANCY-

Thanks for sharing this. Now I've got reframing going in my brain.



Ac-Cent-Tchu-Ate the Positive

1550 days ago



MBPP50



1550 days ago



SUNNYBEACHGIRL

Cold is hard. Drink something warm

1550 days ago



JEANKNEE

Isn't it awesome when you've reframed and kept your commitment to yourself and conquered



the mental offensive?  I'd be feeling great too!

1550 days ago



REDROBIN47

I had a similar experience today after reading Kellie's blog. I thought it was great. I am definitely going to be practicing "reframing" from now on. It's such a positive way to go.



1550 days ago




SPEDED2



1550 days ago



BLUEJAY1969


 And it was a very inspiring article! I read it through your suggestion on the Treasure Trove team.



1550 days ago



SUSIEMT

Reframing that might be kind of hard but you can do it! 



RAZZOZLE



1550 days ago



ANGIEN9



1550 days ago



SUBMOM2

You've never steered us wrong. Thanks for the link to a great blog!

1550 days ago





KELLIEBEAN



I have tears in my eyes! I have reformed a lot of my lazy, negative ways over the years but never in a million years did I think I'd help motivate someone, especially you, who motivates me all the time!! No matter how many times someone has commented to that effect here on Spark, I'm still not used to it!

Thank you SO much! You made my day!!!

Congrats on the run!



1550 days ago



SMILINGEYES2



Good for you persevering. Way to go.
1550 days ago



CD4114015



and I can't imagine you ever having negative thoughts. You are SO positive!



1550 days ago



SHAWFAN



1550 days ago



LOVENHWOODS



Kellie is an amazing lady and a inspirational Team Leader...1 Day Challenge! Check out the Team!
1551 days ago



NEW-CAZ



1551 days ago



ONEKIDSMOM



Way to get past the obstacles! Stay warm.
1551 days ago



LIVEDAILY



Interesting blog. Almost always look at life with a half-full mentality; however, I do not like the new changes at SP.
1551 days ago



SLIMMERJESSE



I admire folks like you. But honestly? Sometimes I like to allow myself the luxury of "I don't wanna." (smiling)
1551 days ago



1CRAZYDOG



YOUR blog is great, too! You did it! You lived to write about it. All good!

Very cold here, too. Almost bailed on my walk, but the sun was out, so just decided to go for it and am glad I did!
1551 days ago



MORTICIAADDAMS



Have a great day!
1551 days ago





HARROWJET



Good reframing.
1551 days ago



RO2BENT

It was 23 here before wind chill, but 6 miles run
1551 days ago



DAIZYSTARLITE



1551 days ago



AQUAGIRL08



Drink something hot and it will help to warm you up.
1551 days ago



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