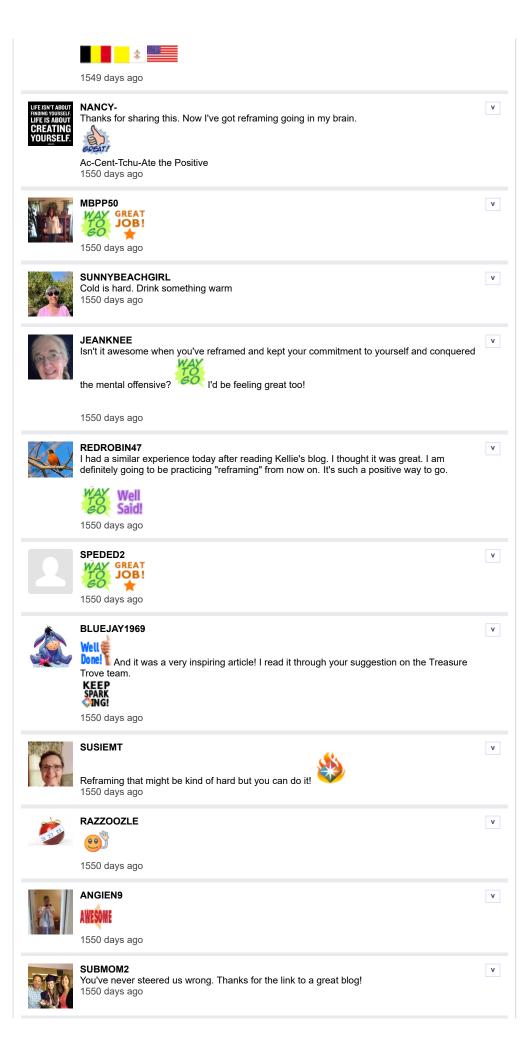
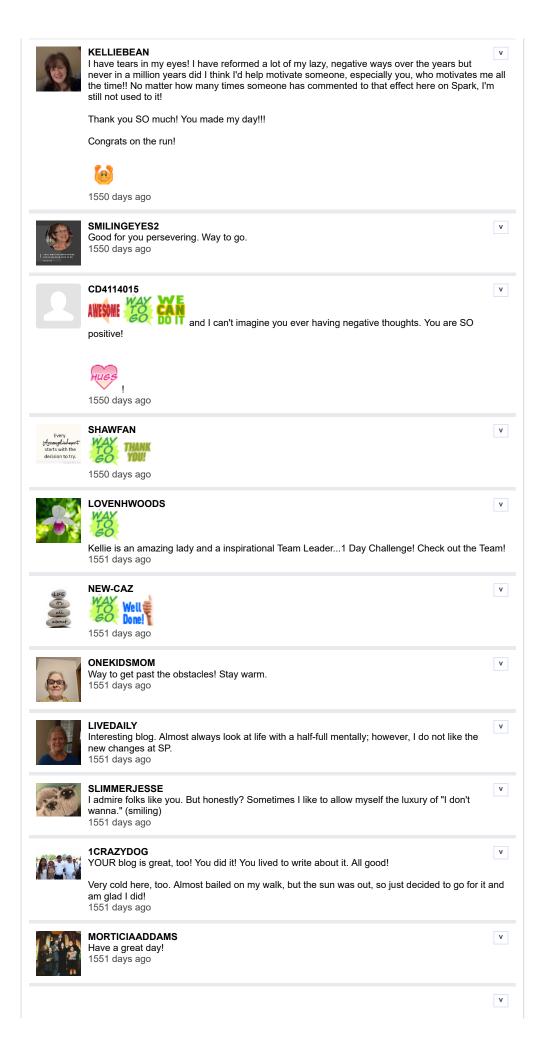




SWEDE_SU love this! how to turn things around! lemons and lemonade... 1538 days ago

PHEBESS Attitude is everything! 1539 days ago	V
KENDRACARROLL Well done! Hope spring catches up with you soon.	V
DOVESEYES You are awesome :) 1542 days ago	v
MARTHA324 Warmed up a bit here and snow melting. Spring is on the way. 1542 days ago	V
52BINCE Great job overcoming the obstacles! 1546 days ago	V
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	V
NANASUEH ANSONE OO 1549 days ago	V
CHAYOR73 Fantastic attitude!! 1549 days ago	V
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 enjoy the song!! 1549 days ago	ved
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	V
HAYBURNER1969 Way to get it done! 1549 days ago	۷
HOLLYM48 ANNONE Control of the second secon	V
GINIEMIE I like the reframing idea, and your examples. Good job Elaine. Keep it up.	V





Move	HARROWJET Good reframing.		
	RO2BENT It was23 here before wind chill, but 6 miles run 1551 days ago		V
	DAIZYSTARLITE		V
Live and dance and Lovel	AQUAGIRL08 Drink something hot and it will help to war 1551 days ago	m you up.	V
Leave enc	our Comment to the Blog Post ouragement, a question, or anything else relevant to ple's Community Guidelines.	o this post. All blog comments m	ust abide by
	cribe to this blog Comment	ADD AN EMOTICON	SPELL CHECK
	Weight loss results will vary from person to person. I owing the SparkPeople program.	No individual result should be se	een as a typical