

# BROOKLYN\_BORN

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## The "Crisscross Effect" - Connecting Goals in Different Areas of Life

Friday, March 24, 2017



At first glance these two photos do not appear to have anything in common. But they are indeed both personal challenges that Spark principles are helping me to conquer. Both are examples of testing the limit of my ability.

My house is on a curvy country road. Here is the beginning of my one mile hill. I believe in the benefits of a run/walk regimen. Walking one minute per mile is my usual routine. I sip some water, check my heart rate manually and wipe my nose (darn allergies). However, my longtime goal is to run this hill at a steady pace without walking UNTIL I reach the top.



Here is one page of a Mozart vocal score for "Double Chorus of Mixed Voices"  
The highlighted lines are what my group is singing while 7 other sections are singing their parts  
This is at the limit of my vocal ability. It is 144 pages long.  
My goal is to sing every note without getting lost and resorting to lip-synching.

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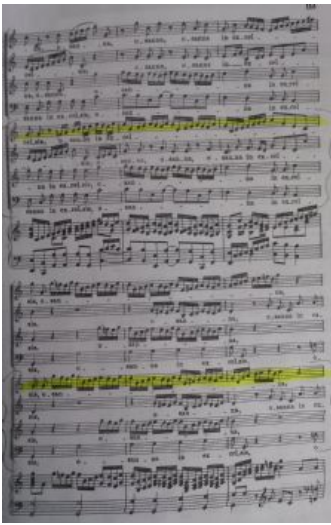
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The hill is at the limit of my running ability. As you round a curve hoping it will get easier



It doesn't. It just goes on and on, up and up for one whole mile.



The music is much the same. While there may be fewer notes to sing on other pages, we must stay present in the moment, keeping a steady count through complex rhythms. In rehearsal it's one eye on the conductor and one eye on all those notes.

Plan ahead. Remember what's coming up.

On the hill it's resisting the urge to speed up when the grade is easier only to have to walk the steeper sections.

Plan ahead. Remember what's coming up.

Step by step, note by note. Set small goals.

Small achievable goals once realized and added together make the larger goal possible.

My alternate name for that one mile hill is Slenderella Hill, named for Sparker Slenderella61 whose sound advice has made her my virtual coach. Work on the steep sections repeatedly with rest intervals in between. Run/walk the hill in 30 second intervals of each, adding to the run portion steadily over time.

As for the Mozart score, work on the difficult sections repeatedly with rest intervals so as not to strain my voice. Alternate the harder sections with the easier ones when practicing alone. Work on the complicated rhythms while singing in a lower register.

Constant practice at the top of one's vocal range can be counterproductive  
Constant training at maximum running (or walking) speed can be counterproductive.

See a pattern here?

One thing both challenges have in common. Both require aerobic capacity. Both require endurance.

The Mozart Score will require my standing on a riser with 100 other singers for over an hour.

My one mile hill goal time is to be under 11 minutes on the way up, with an ultimate goal of having the endurance to run back down the hill and continue on to a 5k distance.

I haven't reached either goal yet, but I am patient and persistent.

The concert is April 25th. I'm confident I'll be ready.

I would like to achieve that running goal time by my 70th birthday in June.

If it takes longer, that's OK. I'll be 70 anyway.

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**BOREDA**

Did the concert go OK? Did you meet your running target by June? Your message and experiences are really thoughtful and inspiring, and very well expressed!

1416 days ago



**NASFKAB**

**GREAT JOB!** **KEEP IT UP!** **KEEP PUSHING!** **We'll Do it!**

1493 days ago



**SIZE8NOTSOMUCH**

Hope the "hill" is not getting the best of you!!

1496 days ago



**GRAMPIAN**

Great. **YOU CAN DO IT!**

1523 days ago





**MILPAM3**



I'm impressed. Carry on!  
1527 days ago



**INCH\_BY\_INCH**



1529 days ago



**JSTETSER**

You are such a motivating person! Thank you for all your love and reminders!



1532 days ago



**FLRED12**



1532 days ago



**KACEYSW**

I love your analogy!  
1532 days ago



**NUMD97**

I have had this blog on my mind for days now, B\_B. We both have come to the same realization: That leading a healthy life carries over to other areas of our day-to-day existence as well. You call it the "Criss-Cross Effect". I call it "The Spillover Effect". "You say tomato, I say tomah-to." It's one and the same.

But you put it together with a lot of clarity and visual aids for the group to see exactly what you mean.

Brava! Well done!  
1532 days ago



**WHYTEBROWN**



1533 days ago



**KITTYHAWK1949**

i'm sure you will reach your goals and be ready to set new ones. lots of good advice and encouragement. thanks for sharing  
1534 days ago



**MARYM1962**

another good singing challenge is Brittan's War Requiem - look it up on youTube  
1534 days ago



**PROVERBS31JULIA**

Mozart, eh? At first I thought, wow, she did a Sing-Along Handel's Messiah! What fun! I had to laugh about getting lost and lip-synching - I admit that I did a little of that during the Handel's "Messiah" last fall. Oh well. It's fun! And congratulations on your Blog Award! Keep heading up that hill!!!  
1534 days ago



**ARTJAC**



1534 days ago



**FRABBIT**

Great goals and you have this! I need to get myself back in gear running! Keep up the good work and enjoy!  
1535 days ago





**CHAYOR73**



You've got determination, you will do it.  
1535 days ago



**MCJULIEO**



Great comparison.....You've GOT THIS!  
1535 days ago



**STEVIEBEE569**



**Well Said!**

1535 days ago



**MARYJEANSL**



Wow - both very ambitious goals, but I am as confident as you are that you will achieve them. Both are great examples of Spark principles working.  
1535 days ago



**JOANN25**



This is a great comparison. The steep hill and the Mozart piece. I am not a singer but I do play the piano. I know how many times we may have to repeat a certain section until we achieve the perfection we are trying for.

Keep on Sparking. You are doing great.  
1535 days ago



**KRISKECK**



Goals are a wonderful thing to have. They keep us moving! And I love that you have found a pattern for success that applies to both your goals... pattern recognition is a prerequisite for success! Good luck with  
1535 days ago



**JUNEAU2010**



I love the parallel~ Thanks for sharing, it gives me great food for thought!  
1535 days ago



**ELSIEO62**



Wonderful job of comparing two different types of challenges and how you are breaking them down into bite size, manageable ones. Well written. I am so proud of you for taking on these challenges and not just sitting in a rocker. You are an excellent example for us all. Thanks for the photos, they made it clear.  
1535 days ago



**FUNLOVEN**



I wish you the best of luck in all that you are working towards achieving. I love to see my Spark friends working toward their goals no matter what their age. I am a firm believer that setting goals for ourselves is part of what keeps us growing younger!  
1536 days ago



**MTN\_KITTEN**



1536 days ago



**MARYANGI**



**Well Said!**

1536 days ago



**DEBBIECRAVENS**



I really enjoyed your story and having a running goal in mind for this year makes it so relatable to my own life. Thanks for sharing.  
1536 days ago



**SPINNER17**



I loved your story! The analogy between the two goals is right on! AND i love that age is not an issue for you! You really inspired me today!. I am sure you will reach the goals you have set out to accomplish. Thanks  
1536 days ago





**LIVINGLOVINLIFE**

Well Said!

1536 days ago



**SHARONCAPPS**

You've got this. Keep working at it and you will do it. Thanks for sharing with us.

1536 days ago



**JERICO1991**

Great attitude and cross application of training.

1536 days ago



**BLUEJEAN99**

Well Said!

1536 days ago



**MISSY455**

Well Said!

1536 days ago



**EXERCISERAIDER**

Well Said!



1536 days ago



**IDICEM**

Well Said!



1536 days ago



**CD9556574**

If people say they just love the smell of books, I always want to pull them aside and ask, To be clear, do you know how reading works? who knows someday we may be reading with our noses :P.

1536 days ago



**BTINCHER2001**

As a singer and run/walker, I can totally identify with your message. You are only 3 years ahead of me. Good for you!!! Giving ourselves goals to achieve is so important. It's a way to prove to ourselves that we are capable, strong, healthy human beings. I trained to be ready to go hiking in Italy on my own last fall. Now I'm training to improve my speed at running in a 5K. Who knew we'd be so happy and full of life at this age!

1536 days ago



**ROCKYCPA**

Well Said!

1536 days ago



**ROBBIEY**



1536 days ago



**SUNSET09**

W88!



and

1536 days ago



**RAZZOOZLE**

AWESOME

1536 days ago





**JUNETTA2002**



1536 days ago



**FOXIEROXIE104**



1536 days ago



**SUSANSKI**

Great Writing!



1536 days ago



**DANAPRIME**

Amazing! Go for it!!

1536 days ago



**BLESSEDMIRANDA**



1536 days ago



**NOLAHORSERIDER**

Sounds like a plan. Congrats on becoming an amazing 70 year old and keeping healthy. I applaud you!

SparkCheers,

Nol

a

1536 days ago



**RHIO3TRE**



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**BLUEFOO**



1536 days ago

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