

Dusty M&M's

Last week I went over to a co-worker's office to ask a favor when I happened to notice on her desk a glass candy dish containing eight M&M's covered with a piece of plastic wrap. This piqued my curiosity, so I asked, "Why do you have a piece of plastic wrap over the top of this dish?"

"So they don't get dusty," she replied.

My brain raced to figure out what she meant by "they." The M&M's? Never in my life have I worried about my M&M's getting dusty.

I spent the rest of the day marveling at this model of self-control, in complete awe that she could sit there and ignore the green one calling her name!

In fact, around 11:30 a.m., I realized that she probably had not thought about those M&M's since she answered my question, while I had done little else!

Let's analyze this for a moment.

My co-worker doesn't have a weight problem. She sees her challenge as keeping those M&M's dust-free until the next time she feels inclined to pop one or two into her mouth. My mind set: It's ludicrous to save eight M&M's. After all, that's one handful in the mouth. Done. Gone. No more worrying about the dust situation.

Of course I have always been challenged by my weight (and M&M's). So I knew there had to be a lesson here to learn from my new idol.

The world is made up of all different types of people who go about their day in a manner to which they are accustomed. We all have idiosyncrasies, and I bet if we were asked about some of them, we wouldn't even know how they became habits.

But sometimes we get so caught up in doing things our way it's as though we have blinders on when it comes to being aware of how others handle similar situations. Well, guess what? We can actually learn from one another.

Try a little experiment this week: Raise your awareness, taking the time to observe others going about their daily tasks. If you notice

someone using a clever idea to get a particular job done, don't be shy with the praise (everyone likes praise). Or if you see someone doing something you don't understand, ask questions. The point is people appreciate your showing an interest in them. At the same time you could be learning a new way of doing something.

So many of us struggle with our challenges because we keep attempting to overcome them in the same old ways. Instead of asking for guidance, we take a deep breath and think, "This time I'm going to do it!" But if we just repeat the same actions we've been taking, we're very likely going to repeat the same disappointing outcomes.

We could all use some shaking up in how we handle situations. Seek out people who have a different way of dealing with things. Be open to hearing their suggestions. You might find yourself embracing the same old problems in new, successful ways.

Now I'm off to buy some plastic wrap!

~ Sharon Lee Riguzzi
Shot in the Arm *A daily dose of
motivation for your weight-loss journey*