

Hello there! Did everyone survive Thanksgiving? Did you "gobble gobble gobble till you wobbled wobbled wobbled?" That's ok if you did. Pick right back up and start over. My leader Mary had a good saying today, we can't make a new beginning, but we can make a new ending. How do you want your ending to be? What are you doing to make that ending come to fruition?

Well, I was very good to myself this Thanksgiving. I ate a very large salad before going to dinner so I wouldn't be starving. I took small amounts of the foods I wanted and didn't have any seconds. I let my body rest while everyone else was gorging on seconds and that way I knew where I was come dessert. Luckily, I was allowed to be the slicer of the pies, so I was able to make sure I got the size piece I wanted. 1/16 of the pie and I didn't eat the crust. I didn't use whipped cream either as it was full fat. It's all about choices. Leaving that crust was sure hard ... I'm not normally a crust person..but Aunt Pat's crusts are AWESOME! But once again, it's all about choices.

Alex got sick Thursday after dinner and continued to get sick Friday and Saturday. We finally took him to the ER on Saturday afternoon for the fear of him being dehydrated. They gave him a nausea pill and he has been able to keep down his crackers and gatoraide. The medicine is supposed to last 6-8 hours so it should be wearing off in about an hour. We'll see how he does overnight.

Oh yeah...what was my reward for being so good to myself on Thanksgiving? I lost a pound! I was thrilled! That makes a total of 10 pounds in 3 weeks alone! I'm down 124 pounds in 45 weeks.

Next Saturday, I'm going to get to enjoy a girls night at the Blues game vs. the Blackhawks courtesy of one of my sponsors! I'm so excited to see how well I fit in the seats. The last time I went to Kiel ... I mean Saavis...I mean Scott Trade Center (sheesh) my hips were so wide I would come home with bruises on them. I'm so excited!

DIET.COM ONLINE VIDEO CHALLENGE

They are going to announce the winner of the challenge on Thursday, Nov 29th. Stay tuned for the announcement!

There is still time to watch the videos one more time!

http://www.sponsormyweightloss.com/video_diary.html

RECIPE OF THE WEEK

I haven't tried this recipe yet, but it sure sounds good!

PARMESAN CHICKEN BUNDLES

<http://www.sponsormyweightloss.com/recipeoftheweek.html>

I hope you all have a great week. This week I'm going to concentrate on journaling. I have been REALLY bad with journaling lately...not to make excuses, but between Craig having strep, Alex having croup, Craig having chronic hiccups for 4 days and then Alex getting a stomach bug and throwing up for 2 1/2 days, I didn't give myself enough "me" time to concentrate on journaling (or getting in my healthy guidelines)...so this week, I'm back to focusing on Tracie more. Let's see if I can make this week (this is the week I typically have a gain) as successful as last. But if not, I'll be happy with the fact that I made stides to be more honeest with myself.

Again - Have a great week!

Tracie

I am The Incredible Shrinking...
Tracie Sanderlin - The Happy Loser

"There is one quality that one must possess to win, and that is definiteness of purpose, the knowledge of what one wants, and a burning desire to possess it."

- Napoleon Hill

<http://www.sponsormyweightloss.com>
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