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"Perfectionism is the highest form of self abuse" Tao Te Ching

One Gallon of Milk

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When we shop for groceries, one item on the list is a gallon of milk. It is quite heavy, so we rely on the strength of our hands and arms to pick it up and place it on the cart.

Ever wonder how much it weighs? I brought the scale with me one day and found out it weighs about 9 pounds. Surprised?

The extra weight in our body is not a number that shows up overnight. It is a process that takes time; a couple of pounds after a weekend of indulging, 5 pounds after a trip, 15 pounds from the college life, or 30 pounds after pregnancy, to name a few. There are infinite reasons for this, and you know which one fits you better.

You can ask yourself,

How much do you weigh?

What is your ideal weight?

How many extra gallons of milk are you carrying during the day? How many extra gallons of milk are you carrying every time you go to bed?

How many extra gallons of milk tip your scale?

As difficult as it is to face reality, you *must* do it! It is the only way to acknowledge that you are neglecting your health and, consequently, putting your life at risk.

What are you planning to do about it?

I will let you sleep on that...

(*) Sesiones Disponibles en Español