Greetings ~

To help inspire and support wellness initiatives, I will be periodically emailing motivational stories from the book, Shot in the Arm, written by Sharon Lee Riguzzi. This week the motivation is "***Roses Are Red”.***

In this excerpt Sharon talks about learning to love ourselves. We are so often our own worst enemy and we don’t focus on our positive attributes. No one is perfect, but we should be our own biggest fan and remind ourselves through positive self-talk that we are amazing and can do so much when we see ourselves in a positive light. This week push away all negative thoughts and turn everything into a positive!

I have also included a great chocolate recipe for Valentine’s Day with ***Chocolate-Raspberry Heart Cake.***

As part of health and wellness within your company, please feel free to pass the "Shot of Motivation" and recipe along to all of your co-workers.

If you do not  currently have the conveience of a Weight Watchers AT WORK onsite this winter and would like information on getting started, please contact me!  If you already have a program and would like additional advertising to increase participation, I am here to help!

Yours in good health ~

Cheryl

Cheryl M. Mayo
Corporate Account Manager
Weight Watchers Health Solutions
508-845-2697
cheryl.mayo@weightwatchers.com

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**Roses Are Red ~ by Sharon Lee Riguzzi**

Valentine’s Day has been a holiday that most of my life I have dreaded.

Through grammar school the fear that I had fewer valentines in the mailbox than anyone else plagued me fromFeb 1 through 14. Amazingly, in my teens if I did have a boyfriend, it seemed we’d start quarreling at the end of January, and by heart day I was usually sulking on the couch, watching The Mary Tyler Moore Show or Rhoda, thinking at least they would understand how I was feeling.

When I finally met the love of my life, I anxiously awaited our first romantic Valentine’s Day together. I can remember pulling the expected hearts-and-flowers card out of the envelope only to find instead a cartoon tiger saying something like

Roses are red,

How ’bout a date?

You make me laugh,

I think you’re great!

(This was probably when my husband first started asking, “What did I do wrong?”)

It finally dawned on me that there are very few people who could live up to the fantasy that I had conjured up in my romantic mind about what the best Valentine’s Day should be. To keep from being disappointed year after year, Valentine’s Day has a new meaning for me. Now it’s the day I need to recharge my love of self. Now I can feel some of you cringing saying, “Yeah, right.” But bear with me. We are all so hard on ourselves. If I asked you to list five things you don’t love about yourself, you’d probably have a hard time narrowing the list.

Instead, I need you to do the following:

* Get a piece of paper. Fold the paper in half, and then, just like in kindergarten, cut a half heart away from the fold. (I can still remember the awe that filled me the first time my teacher told me to open the paper!)
* Find a red felt-tip pen or a crayon, or if none is available, a regular old pen will do.
* List five things you love about yourself. There are many more than five, but this is a beginning.

I’ll wait.

Is your list finished yet?

* Draw a few hearts and arrows.
* Place this in a special place for you to view throughout the day…week…month…year.

Why did I ask you to do this? So much more can be accomplished when we are feeling good about ourselves. And yet so many minutes in the day we spend dissing (is that what the kids say?!) ourselves. Putting your heart on your bathroom mirror or in your date book or on your computer can be a constant reminder of just five of the many wonderful things about you.

We spend so much of our lives waiting for someone else to say wonderful things about us. And when they don’t, we think there is something wrong with us. Folks, so often people don’t say wonderful things about us because that isn’t part of their makeup, or they don’t know what we need to hear. (They missed the rehearsal scene in our minds.)

It’s up to us to start telling ourselves the good stuff. Trust me, the more you do this, other things that you want to accomplish will start happening because you’ll start waking up feeling you can take on more and start believing you are worth it!

Some of you haven’t as yet gotten out the paper and red pen, and that’s okay. I have faith that you will. You owe it to yourself to be your own valentine.

P.S. One of the items on my list that I love about myself is my sense of humor. I wrote this in big letters as a reminder so that when I open my Valentine’s Day card from my honey and a monkey pops out, I’ll react appropriately. After all, obviously, my sense of humor must be one of the things he loves about me, too!

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Chocolate-Raspberry Heart Cake

Weight Watchers Recipe

Ratings (26)

**7 PointsPlus Value**

Prep time: 25 min

Cook time: 30 min

Other time: 0 min

Serves: 10

The taste of sweet raspberries really comes through in this cake since preserves are used in the cake and glaze.