Do You Believe? – by Sharon Lee Riguzzi

Believing—it plays a key role in our lives. Over the years we believe in so many things, some of which have to make us smile! Santa, for example. I really don’t have vivid memories of sitting on his lap, but I absolutely remember writing him letters, being sure to use my best penmanship. Even if Santa didn’t bring everything I asked for, I chalked it up to his having so many children to take care of. I believed.

Should I even bring up the Publishers Clearing House sweepstakes? Please, someone besides me, fess up to imagining the doorbell ringing and trying to look surprised for the camera crew! And when we don’t win, we still conjure up a wonderful winning scene for the next year’s drawing! Why? We believe.

How many of use were brought up to believe that people are basically good? Even in today’s topsy-turvy work, we still find ourselves looking for the good in all humans. Once again, we believe.

So here’s the question: Why is it so hard for us to believe in ourselves?

Let’s take a look at the last twelve months: Did we ever belittle or give up on ourselves? The fact is just about everyone has self-doubts. But let’s not take comfort in that. Instead, let’s learn from it. You and I believe in other people. We probably spend quite a bit of time building other people’s confidence so that they can believe in themselves. Obviously we know how to walk the talk for others. Now it’s time to start believing in ourselves!

Yes, this is easier said than done. Believing in oneself does not happen overnight. It takes day, weeks, months, to make it a reality. Let’s start gearing up for the task at hand!

Here’s a bit of pre-work:

· What is the most important thing that you want to accomplish this year? (Let’s start with one item and move on from there once we get rolling.)

· Picture yourself having already achieved it. Take notice of how great your feel and how happy you look.

· Storyboard the steps that it will take to make this a happening.

· Start each day reminding yourself “I am achieving my winning outcome! Today I will take the steps necessary to get closer to it.” (If you’re forgetful, write this on an index card and tape it to the medicine cabinet. And taping another one to the car visor couldn’t hurt!)

· At the end of each day, praise yourself. (If others are around, you might want to do this in private. People tend to feel intimidated when another person is in earshot.)

Repeat these steps for the next 365 days, and you’ll experience marvelous results! The fact is, you already have all the resources necessary to make your dreams come true—and you don’t have to sit in an old man’s lap to make it happen. What better gift can you give yourself?

Slow Cooker Lasagna

Weight Watchers Recipe

Ratings (2961)

10PointsPlus Value

Prep time: 20 min

Cook time: 360 min

Other time: 0 min

Serves: 6

There's no need to cook the noodles first or stay home while this Italian classic slow cooks. Just let it sit a few minutes before serving so it can firm up a bit.

Ingredients

1 pound(s) uncooked 93% lean ground beef

1 small uncooked onion(s), chopped

1 clove(s) (medium) garlic clove(s), minced

28 oz canned crushed tomatoes

15 oz canned tomato sauce

1 tsp table salt

1 tsp dried oregano

1/2 tsp dried basil

1/4 tsp crushed red pepper flakes, or to taste

1 cup(s) part-skim ricotta cheese

1 1/2 cup(s) shredded part-skim mozzarella cheese, divided

6 item(s) uncooked lasagna noodles

1/2 cup(s) shredded parmesan cheese, strong-flavored like Parmigiano Reggiano

Instructions

Heat a large nonstick skillet over medium-high heat. Add beef, onion and garlic; cook, stirring frequently, breaking up meat with a wooden spoon as it cooks, about 5 to 7 minutes. Stir in crushed tomatoes, tomato sauce, salt, oregano, basil and red pepper flakes; simmer 5 minutes to allow flavors to blend.

Meanwhile, in a medium bowl, stir together ricotta cheese and 1 cup of mozzarella cheese.

Spoon 1/3 of beef mixture into a 5-quart slow cooker. Break 3 lasagna sheets in half and arrange over beef mixture; top with half of ricotta mixture. Repeat with another layer and finish with remaining 1/3 of beef mixture.

Cover slow cooker and cook on low setting for 4 to 6 hours. Remove cover; turn off heat and season to taste, if desired.

In a small bowl, combine remaining 1/2 cup of mozzarella cheese and Parmesan cheese; sprinkle over beef mixture. Cover and set aside until cheese melts and lasagna firms up, about 10 minutes. Yields 1/6th of dish per serving.

Notes

This is a large serving of lasagna. If you prefer a smaller piece, divide the lasagna into 8 slices for 7 PointsPlusvalues per serving.