

## NUMBERS GAME by Sharon Lee Riguzzi

I never would have considered myself a numbers person. If someone starts a conversation about the stock market or finance, I zone out. Numbers, I would say, don't interest me. Though as a child, when someone asked me how old I was, I would say, "nine and a half." Or it would sound really cool when a few months slipped by and I could proudly say, "Nine and three quarters." Or how about the day after you turned twelve, when you could say, "I've started my thirteenth year"? I stopped this nasty habit many moons ago- well at least, twenty and a half years ago.

If asked, I would have denied I was a numbers person. But then again, when asked, "How much did you lose so far?" you would hear me say, "Thirteen and a half pounds, but I still have thirty-six and a half more to go." This clearly was before we learned about Positive Self-Talk.

Let's stay with the numbers theme for a minute. My knee-jerk reaction is to say I have no interest in the stock market, because I really don't like to gamble. The thought of losing something I worked so hard for would make me say without hesitation, "No, thank you!" if someone asked me to invest in a sure thing.

And yet, I have been a gambler. For years, I would gamble every weekend. Not in Atlantic City, but at restaurants, at the family dinner table, even in the car. I would gamble away a week of hard work, saving for my dream (Weight Goal). And then I would go to my (Weight Watchers) meeting, weigh in, and say in an incredulous tone, "Only a half?"

I also gambled as if I were at the track. I might win by a mere hair (a smidgen of a weight loss). I wasn't happy, but I wasn't upset enough to change my odds. That is, until a Leader once said to me as I got off the scale three quarters of a pound lighter, if you lost this weight without really trying, can you imagine what you could accomplish if you really put your mind to it?"

What a wakeup call. Someone once asked me how could she get the discipline necessary to do this I think it's a little like the chicken-and-the-egg dilemma: Do you need to want it so much that you are able to focus on your Winning Outcome and the discipline will follow –or vice versa? When you're saving for a new car, do you call it discipline when you put money aside for the convertible? When you're saving for a trip to the Caribbean, do you call it discipline as you put money aside for the beachfront villa? Are you halfhearted about saving for these things? No!! Because they are things you want!

Remember: Can you imagine what you could accomplish if you really put your mind to it? Anyone interested in taking on that challenge?

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# Super-Easy Chicken Noodle Soup

[Larger Image](#)

Weight Watchers Recipe

Ratings (335)

**4** *PointsPlus* Value

**Prep time:** 12 min

**Cook time:** 20 min

**Other time:** 0 min

**Serves:** 8

A one pot meal for the whole family. It's terrific for take-to-work lunches or your child's lunchbox.

Ingredients
2 tsp salted butter
1 large uncooked onion(s), finely chopped
1 1/2 tsp table salt, divided
64 oz reduced-sodium chicken broth
4 oz uncooked pasta, small shape such as ditalini (about 1 cup)
10 oz frozen mixed vegetables, such as peas, carrots, corn and green beans
15 oz canned tomatoes, petite cut, rinsed and drained
6 oz cooked skinless boneless chicken breast(s), chopped
1 Tbsp grated Parmesan cheese
2 tsp fresh lemon juice
1/4 tsp black pepper
1/4 cup(s) chives, fresh, chopped (optional)
Instructions
<ul style="list-style-type: none"><li>• Melt butter in a large stockpot over medium-low heat. Add onion and 1/2 teaspoon salt; cook, stirring often, until onion is soft and translucent, about 10 minutes.</li><li>• Add broth and increase heat to high; bring to a boil. Stir in pasta, frozen vegetables and tomatoes; cook until pasta is done, about 7 minutes.</li><li>• Stir in chicken, cheese, lemon juice, remaining 1 teaspoon salt, pepper and chives; cook 1 more minute to heat through. Yields about 1 1/2 cups soup</li></ul>

