**“Thanks, Mom”**

By Sharon Lee Riguzzi

As has happened so many times in my life, a call from my mother turned things
around for me a few years ago. Mom casually mentioned during one of our daily
phone conversations that she had come across her list of goals for the year
1999. She proceeded to read from this list of about ten, and as she did, I was
saying “bravo!” after each item. We talked about how terrific it was that she
could give each one a big checkmark and exclaim “ta-dah!” (This is just our way
of doing a high-five on the phone.)
***So let me list my leanings that my wonderful mother taught me:***
Her list was written down; mine was in my head.

I used to write mine down but got too discouraged when I’d look back and see
that I once again had failed to do what I set out to do. So, evasive lists have
become the rule. I may not remember everything that I wanted to accomplish,
but, hey, how upset can I get when I’m dealing with the intangible?
Her list was a mix of some toughies and some “hey, I can accomplish that if I put
my mind to it” goals. Her list did not contain one “if I have enough time, then
I’ll…”
The number of items on her list was not overwhelming.  She was able to
locate her list so she could do some reflection. Her list was from 1999!
What, you may ask, makes this a good thing?
So many of us are guilty of giving up when we see we haven’t accomplished what we
set out to do. Fact: some of the items on Mom’s list she hadn’t been able to check off right away.
Instead of giving up, she continued.  If she hadn’t, she wouldn’t have been able to give a final “ta-dah!”
***Now who would like to join me?***

\*I am making my list.

\*I am writing it down.

\*I am putting on it a mix of goals so that it won’t seem overwhelming.

\*I am limiting the list to approximately ten (some people like to-do lists of
one hundred – I’m starting small, but feel free to do what works for you).

\*I will put this list in a safe place. Uh-oh, those words scare my kids, since I
am always looking for things that I put in a safe place. Let me rephrase that.
I will put a copy of my lists of goals for the year in a variety of places (in
my date book, by my office desk, on my car visor, and so on) so I can refer to
it before next year.

\*I will continually use mental rehearsing and motivating strategy to help egg
me on.

\*I will use empowering beliefs on a daily basis. (If you don’t believe you can
do it, you won’t succeed.)
If I were really brave, I would share my list with you now.
Once again, “Thanks, Mom! It is amazing to me how you never stop teaching me things by example. One
of my perennial goals is that I have as much of an impact on my children as you
have had on yours.” (Obviously that isn’t one that you can check off and say you’re done!)

**Get the Spa Treatment**
Feeling the need for a little pampering – but not feeling flush with cash? Raid the pantry for ingredients,
then retreat to the bathroom for some luxurious downtime.

Article By: Melanie Mannarino

After a satisfying personal victory – scale or non-scale – it feels good
to reward yourself for a job well done. A weekend at a posh resort spa sounds
about right, doesn’t it? While you’re saving for that next special-treat
getaway, capture the sense of spa bliss at home with one or all of these
pampering DIY treatments, created exclusively for you by the specialists at the
Lapis Spa at the [Fontainbleu Miami.](http://link.coremotivesmarketing.com/c/306/679dc765346d279657e15be5bdd7b7324bd3507fc28d5015d87031f52e0b4e9b%22%20%5Ct%20%22_blank)
**The Spa Treatment:** Spalicious Manicure
 **The DIY Fix**: Hand-softening scrub for luxuriously smooth skin

           Buff and moisturize rough skin using a scrub cream and oil or body lotion.

* Mix 4 parts kosher or sea salt with 1 part warm grape seed oil, canola oil or
olive oil and mix into a paste.
* Massage into hands in upward strokes and in circular motion
* Remove scrub with a warm, wet towel.
* Push back cuticle using an orange stick and file rough nail edges with Emery
board, massage hands with lotion.
* Wrap hands in warm cotton gloves or place in plastic bags and wrap with warm
towels. Remove after 10 minutes.
 **The Spa Treatment:**
Rescue My Hair
 **The DIY Fix**: Fabulous, full hair that’s softer, shinier and
improved circulation to scalp (which aids in healthy hair growth).
* Mix equal parts lemon juice and warm green tea; apply mixture to scalp with
brush in sections, pouring remaining amount through hair.
* Allow mixture to remain on scalp for a few minutes; the tea and lemon work as an
astringent to cleanse scalp and hair follicles.
* Rinse thoroughly with warm water and apply a mixture of 2 parts fresh avocado
and 2 parts yogurt; massage into the hair in circular motions to relax the
scalp and stimulate hair growth.
* Gently massage temples and base of scalp line. Place plastic shower cap on hair and
wrap in warm towel for 10 minutes or until towel cools.
* Rinse thoroughly.
 **The Spa Treatment:**
Classic European Facial
 **The DIY Fix**: Rejuvenating facial that leaves skin clean and
shiny, with improved texture and appearance
* Steep several bags of chamomile tea in a pot of boiling water.
* Place face over steaming pot and cover head with towel to trap steam for a few
minutes, or as long as is comfortable. (This simulates the steam room
experience.)

Cover closed eyelids with cucumber slices or icy, well-squeezed chamomile tea
bags to reduce puffiness. (Enjoy for as long as you want.)
* Dab off excess moisture and apply a commercial facial scrub to face in gentle
circular and upward motions to face, neck and chest.
* Rinse thoroughly with warm, moist washcloth and apply witch hazel or rose or
lavender water with spray or cotton pad.
* Apply facial moisturizer in upward, relaxing massage strokes, placing slight
pressure on temples and under forehead bridge line to release tension and
ease pain.