

Time to Rightsize ~ Sharon Lee Riguzzi

Over the last few years, the term downsizing has become an all-too-familiar part of our vocabulary. In companies around the country, while the employees are going along their normal routines, the news hits the streets that for the betterment of the company as a whole, this downsizing—or as a positive-thinking group called it, rightsizing—will take place. It brings with it changes, some good, some upsetting, but it should bring the company to a stronger and better place.

For a moment, think of yourself as a company. You have been going about your multitasking days for quite some time, sometimes feeling overwhelmed, frustrated and possibly exhausted. And yet often as night falls, you look back on your day and don't feel that you've gotten any closer to the goals you have set for yourself. You fall into a troubled sleep where dreams take over, and you find yourself having a meeting with all of your top people (you know who they are), and the decision is unanimous that big changes have to happen to make this company—You—succeed.

As you lift your head off the pillow, you are ready to take action. It's time to downsize! I know some of you are thrilled with the thought of downsizing your bodies, your workload, your teenagers, but hold on a minute! Let's switch to the rightsizing mentality. Call a meeting with those old friends Me, Myself and I and lay out the cards. It could go something like this:

"Listen, I'm going to be honest with all of you. I know you've all been overworked and frustrated, but we're still not meeting our monthly goals."

Allow time here for venting and some grumbling.

"Wait a second. I'm not saying I don't appreciate all that you're doing, but I think we can all agree we sometimes feel like we're running around in circles."

At this point you should be nodding in agreement.

"So I think it's time for us to do a little rightsizing."

You'll hear a few gasps, but go on.

"Let's revamp how much time we spend on doing different activities, such as work, laundry, PTA, groceries, self-improvement..."

Okay, now it's time to let go.

Me can't keep quiet another minute: "Are you kidding me with those self-improvement goals? I tried to wake you up earlier twice last week, and you kept telling me to shut up and mind my own business."

"You are my business!"

"But I am not interested in taking any more abuse, so I threw in the towel."

You swallow and continue a little apologetically:

"You are completely right, and I do apologize. I realize we are a team, and I had stopped listening to all of you when it came to feedback, but now I am willing to cooperate and not shut you out! And Me, it is getting lighter earlier, so if you try to wake me up to go exercise, I will listen because I know you're keeping the overall goal in sight. Will you give me another chance?"

Not sure if he should trust you entirely, Me finally agrees. The meeting continues with a total revamping of who is responsible for what. Myself volunteers to write down five personal things for you to accomplish each day. These you all agree will not be difficult things, but things that will keep you continuing on the same path

(that is, having lunch someplace other than at your desk so you can take a breather, calling one friend each day who makes you smile, making sure you listen to something soothing during your commute instead of the news, and so on).

As the meeting is about to adjourn, Myself, who has been silent throughout, pipes up: "This all sounds fine and good, but the only way it's going to work is if you employ the iron rule." Seeing the confused look on the other faces, Myself says in a rush, "Well, you know how Mom taught us the golden rule-'Do unto others as you would have them do unto you'-and Dad introduced us to the silver rule-'Do for yourself as much as you would do for others'? I think our biggest problem is not listening to the iron rule: 'Don't do for others what they can do for themselves.' Not for nothing, this is why we never have time to do a thing for us-we're so busy trying to do for others!"

Sheepishly, they all agree and make a pact that they will start being more selective about what they take on. Me smiles impishly. "You know what? I think I'm going to like this rightsizing. It feels so right."

Chocolate-Fudge Cookie Bites

1 PointsPlus Value

Prep time: 12 min

Cook time: 8 min

Other time: 10 min

Serves: 40

Just the right mouthful of chocolaty goodness. Freeze extras and defrost at room temperature.

Ingredients

4 spray(s) cooking spray

3/4 cup(s) sugar
1/3 cup(s) unsweetened cocoa powder
4 Tbsp regular butter, softened
4 oz unsweetened applesauce
1 tsp vanilla extract
1 3/4 cup(s) all-purpose flour
1 tsp baking powder
1/4 tsp table salt
2 Tbsp powdered sugar

Instructions

Preheat oven to 375°F. Coat two nonstick cookie sheets with cooking spray or cover with parchment paper.

Place sugar, cocoa powder and butter in a medium bowl; beat with an electric mixer. Add applesauce and vanilla; beat to blend.

In another small bowl, stir together flour, baking powder and salt. Stir flour mixture into cocoa batter with a wooden spoon.

- Shape batter into 40 marble-size balls with your hands; place 1-inch apart on prepared cookie sheets. Bake until set, about 8 minutes. Remove from oven and allow cookies to stand for 1 minute. Remove to a wire rack to cool completely; sprinkle with powdered sugar. Yields 1 cookie per serving.

Notes

The dough is a little sticky. If it's too difficult for you to work with, chill the dough in the refrigerator first.

Store cookies in a tightly covered container to maintain freshness.