

“I’d Eat More if it Tasted Better”

“I’d eat more if it tasted better!! This comment was made to me about 15 years ago after I had made breakfast for my son, Nick, and his good friend, Todd. Well, Todd was a fine eater and when he only had one pancake I knew that something was up. And this is what he said to me.....”I’d eat more if it tasted better.” As they say, out of the mouth of babes. (and we’re not going to talk further about my cooking!!)

I’ve often thought about that comment. It applies to so many things in life. I would have read more if it was more challenging. I would have participated longer if it had kept my interest. I would have joined if it had been more stimulating, people more interesting,... Bottom line...if it would have better met my needs...You see, this is what Todd was saying. I would have eaten more pancakes if they were more satisfying to me....

And as we head in to a New Year we are often reflective on where we are in our life and ask ourselves how happy and satisfied we are. We take the time to make resolutions (like lose weight, exercise more, drink more water) and set goals (like “take a cooking class”). But more importantly when we look at our future we must ask ourselves, “how good does this taste.” Are we doing these things out of habit or have we really taken the time to be reflective on what we want really.

We can choose to go forward with complacency and do things that we have always done, because that is always how we have done them. Or we can really take a look at those things that we are doing in our lives and evaluate whether it is what we want...or not. And we can do this not only with our head but with our heart.

Alexander Woollcott (from Long, Long Ago) said, ”There is no such thing in anyone’s life as an unimportant day.” So make the most of this day and everyone that follows.....