

# February 2019 Thoughts for the Day

2/26/19

In two days I get carpal tunnel surgery. I am nervous and excited. Any type of surgery is anxiety provoking. However, relieving the pain and getting rid of the numbness will be awesome.

2/25/19

A lot of people I know vacation in Hawaii this time of year. While part of me is envious, I don't enjoy the experience of flying as much as I used to. I wish I was better in dealing with airports and TSA as well as other people hurrying to get from Point A to Point B. However, once you get to your destination it is paradise.

2/24/19

After spending the weekend in Portland, it's always sad to leave. I love Portland. I spent a couple years here while in college which was great. There is something about this place that makes me smile.

2/23/19

I saw another live music show tonight. The primary musician was talking about her belief that there is only one language of music, but it has many dialects. I like that idea. People seem to like to divide music into all these different types, but that is a somewhat artificial thing.

2/22/19

I saw and heard Pharaoh Sanders tonight play music. It's amazing how naturally making music comes to him. It's something I wish I could do, but I just don't have the talent to do it.

2/21/19

Letting go... Sometimes when you have invested a lot into something, it is hard to let go. The loss of the hopes and dreams of what could've been. What might've been. While it is important to grieve the loss, it is also important to let go. Because when we hold onto the past it is difficult to live in the present and plan for the future. No one can say when it is time to let go of something. But if you feel like you are stuck in a rut, perhaps it is time to let something go.

2/20/19

I got out of the habit of writing this. Time to get back into it and not be a slacker. The snow has been distracting.

2/18/19

I am a fan of using a pros and cons list to decide whether to do something. In my more effective moments I am careful about weighing both sides of an issue before deciding. On my less successful days I tend to act on impulse. Most of us do better when we think things through before acting. It is a rare person who reacts more effectively when only considering their emotions.

2/17/19

What is an activity that is soothing for you? Reading? Scents? Taking a nap? A hot shower? Sometimes we forget to do things that are helpful in managing the stresses of day to day life.

2/16/19

It's frustrating when another system changes the way they do something, and they don't realize how they are impacting others in the process. The state did this when it comes to how I do the contract work I do. I am not sure what it will take to undo this. I don't know if they even know how they are going to fix it, or if they will.

2/15/19

Thank God it's Friday.

2/14/19

Yesterday I was supposed to go to Portland. But it didn't happen. I'm disappointed.

2/13/19

My elevator in my condo continues to have problems. The upside is I walk more stairs. The downside - it's just not fun at the end of the day to have to walk up flights of stairs to be home.

2/12/19

There is nothing wrong with dreaming big. Just make sure you put a little planning into it.

2/11/19

I love the show Ridiculousness on MTV. Laughing when things go wrong is pretty funny. Some people have big dreams that are not rooted in the reality of gravity.

2/10/19

As the snow persists, it appears people in Seattle are beginning to adjust to it. Instead of driving, people are walking or taking public transportation. Or they're waiting for mid-day when the sun and plows have been out for awhile.

2/9/19

In the work I do, one of the most rewarding aspects is the people factor. Many of the other professional I collaborate with make the job much more rewarding and fun. One of these people is feeling kind of burnt out at the moment. While I will be sad if she transfers to another position within her workplace, I believe that self-care is primary and people need to take care of themselves.

2/8/19

As we wait for another round of snow, it's both annoying and exciting. The kid in me is excited, because when Seattle is blanketed in snow it's BEAUTIFUL. However, Seattle still remains fairly unprepared for snow when it comes to transportation. We're a major metro area that gets paralyzed over an inch or two of snow, and they are predicting up to 8 inches between today, tonight, and tomorrow.

2/7/19

One of my associates completed her licensing process recently and we had a party for her today. It was fun because in spite of the cold, we dragged out the grill and had fresh grilled burgers and hot dogs. I love celebrating people accomplishing things.

2/6/19

Back to work today. Letting the dust settle after the snow and ice made sense though.

2/5/19

I kind of wish I cared more about the Superbowl. But I don't. I mean football is entertaining, but I didn't really care that much about either team this year.

2/4/19

I watched a few episodes of "Botched" yesterday. It's interesting to watch these doctors correct problematic plastic surgery results. Some seem like they could've been predicted, others were bad luck. The more predictable ones were people who went for extreme results and found a doctor willing to do it. The other people who have problems seem to be the ones who have surgery after surgery. They don't seem to want to stop once they start. And they don't understand or care that every time they have surgery they are rolling the dice with their health. The bottom line is these guys who do these corrective surgeries are experts and are very careful about what they are doing. And most importantly, they are willing to say "no" to people when it doesn't make sense medically.

2/3/19

The forecast is for snow in Seattle this week. Will it happen? Don't hold your breath. It did snow

tonight, and is supposed to snow more in the early morning hours until about 11a.m. I'll be watching the morning news to see whether I'll be working.

2/2/19

I decided to be proactive and I am going to get my taxes done. I am making a good dent in them today. I am not planning paying until April 15th, but at least I will know what I owe.

2/1/19

I am retiring my favorite couch. Apparently I am allergic to dust mites, and I shouldn't have furniture with cloth upholstery. Time to get a new couch. Yay!