



November 30, 2009 – Grand Rapids, MI

Reality—*Dancing with the Stars*

As you might expect, given that Paula and I take ballroom dance lessons, *Dancing with the Stars* is one of our favorite shows. Donnie Osmond won the most recent contest, but it's Kelly Osmond who said something that impressed me. Unlike a script of a movie which I can look up, I'm going to tell you what I thought I heard. Let me preface this by saying that Kelly had said repeatedly that she hated to look in the mirror because she hated what she saw. I can relate. I rarely look in the mirror because I see only the flaws. That's a problem in a dance studio because all the walls have mirrors. Here's what she said.

"When you look in the mirror, don't see what you are. See what you want to become."

It took her most of the season to be able to do that, but what a wonderful strategy for dancing and life. If you see only where you are, with your flaws and your inability to accomplish as much as you think you should, you'll never accomplish anything more—it's too depressing and you'll never overcome that thinking. Most things in life take time and we lose concentration, but if you can focus on where you want to be and overcome what you see in the mirror today, you have a chance of making your dream a reality. Whether it's losing weight, getting fit, lowering cholesterol, finishing school, or building your business, you can do it. Just see what you will be every time you look in the mirror.

What are you prepared to do today?

Dr. Chet

WGUV Straight Talk on Health

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