

It Got and Went Without Permission!

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By definition, energy is *the strength and vitality required for sustained physical or mental activity*. According to my Fitbit, my sleep pattern affects my physical energy level as well as my mental energy and wellbeing. All I am certain about is that on some days I abound with energy...and then I decide I really don't HAVE to do anything I don't want to do because I am RETIRED! And then there is the fact that things I was accustomed to doing aren't being done at this point in time.

As my day winds down, I think back on all the grandiose plans that I conjured up while lazing a few more minutes in bed. The beautiful weather and bright sunshine on my lanai calls and I find myself taking my coffee, a light sweater and my latest book out there to read "for a few minutes." Several chapters later, I realize my few minutes have greatly multiplied.

There is the quilt that still is not complete because I cannot figure out just how I want to configure the final outside borders. OK, let's add this one for now and then contemplate what the next steps might be. Sometimes it doesn't pay to be so non-traditional and quasi creative!

You know that walk-in closet that is definitely not "walk-in" any more. Yes, this would be a great time to sort through all of those boxes that have not been opened since you moved in how long ago; but you know that ARC is not currently making pickups so where would you put all those things you've decided to donate?

Walking the circle has become a desirable thing to do and IF my feet, that I keep telling are made for walking, would stop being cantankerous, that would be a great way to utilize some of that energy.

The scrabble, solitaire and word search apps on my cell phone keep getting opened and challenge me. That certainly does require mental energy and activity...even when I swear the computer cheats and gets all the best letters in scrabble.

My little brother used to try so hard to say the word "energy," but it came out an "enjurnee." There are days when I think I have more "enjurnee" than energy. I have decided that when things get back to normal – whatever and whenever that might be – that I want to look back and say it was OK to do or not to do those things I had conjured up lying in bed because some days my get-up-and-go just got up and went without asking my permission!