

friday 4th of december

SNIPPETS

*an inspirational think-out-loud
e-column for women*

reflection section
when no one's watching

During a virtual Barre class Tuesday night in the middle of leg lifts, I ordered Chinese food and made a pedicure appointment. Sometimes during my virtual Zumba class, I'll quickly move the clothes from the washer to the dryer. I mean why not - the laundry room is right there. I may even read a few texts dinging into my mobile.



Then there's virtual Yoga Flow ... when I might lie on the floor after a downward dog to play with pup Lupini (who's busy doing his own puppy pose). I mean, why rush into the next pose when he's so soft and cuddly? Or last night during Yoga Strength I suddenly had an urge to open that new jar of Italian olives I bought yesterday at Trader Joe's. "I have an Italian olive craving because I'm doing yoga," said no one ever.

Oh c'mon, would I actually do *any* of these things during an in-person class??? Perhaps taking the quote, "dance like no one is watching" to the extreme?

When usually I sweat a ton more during these same live classes at the gym, guiltily I admit I behave more "leisurely" during the at-home workouts. The camera is off, audio is muted, no one can see me, and I get easily sidetracked in my house. (Thus, the gym membership.)

I remember once at an awards presentation watching my then-11-year-old son Dante receive a Character Award at the end of his Leadership in Training program. I remember what the facilitator said, too ... *true character is defined by what an individual does while no one is watching.*

I'm fairly certain I won't win any Character Award for my model student behavior during virtual exercise classes. Who is it hurting when I slack off, play with the puppy, or lay on the floor eating olives? Only me. In the room. Alone. No one watching.

Goofing off made me think about that character award my son received. Not my healthiest moment ... hadn't I committed myself to taking an online class?? Why am I not giving it my all?

What is character? Character is the moral qualities distinctive to an individual. Our character is revealed over time with varying situations; something we develop and work on improving as we mature. The pillars of character include:

- trustworthiness
- respect
- responsibility
- fairness
- caring
- loyalty

We can be untrustworthy while no one is looking ... but we'll be found out. We can be disrespectful and irresponsible while we're alone ... but it won't reap much good. Being unfair, disloyal and non-caring inside of our space ... well, you better believe any of that nonsense will catch up with us.

No one has to see these flaws for them to be a problem for us.

Yet even in a room by ourselves - without anyone around to witness - we can act trustworthy, respectable, responsible, fair, caring, and loyal. We don't need to hear praise while doing *any* of this - and I bet it will feel good anyhow.

Doing the right thing ... well, it's the right thing to do ... whether anyone knows we did it or not.

share your thoughts

[email here](#) about any previous snippet

please include FIRST NAME & STATE

snippeteer backtalk

snippeteers' reactions

[\[read previous issues\]](#)

"So true. Something to think about when making those endless lists."

~ *Dona in Maryland*

"Good article."

~ *Jacquelyn in Maryland*

"The other question to ask one's self that I think is relevant: Will it matter in a year? 5 years? 25 years? You can keep going. And thank you for writing and keeping everyone's spirits on the up and up through all these weeks of such different times. Your heart is golden!"

~ *Suzanne in Key Largo, Florida*

"I read your article about angels. It is the most beautiful and inspiring article I have ever read. I emailed myself a copy of it to read again and again. Congratulations on your talent and wisdom."

~ *Regards, Jeannie H*

prayer flares



email prayer flares >>>

FOR snippeteer Ang's horse Bud after surgery, that he has a full and speedy recovery

FOR Karen in a clinical trial for metastatic lung cancer

FOR Ida after a hospital stay because of a massive heart attack, now ready to enter rehab; may she gain back her strength, may her heart beat strong, and may she get to go home soon!

FOR Patti recovering from breast cancer surgery that had spread to her lymph nodes and may the best course of treatment be in her favor

FOR Destiny's joy with her newly adopted family and FOR Di & Garth as the selfless parents they are

FOR Jim who needs a heart replacement valve

queen of quotes

The true test of a man's character is what he does when no one is watching.

John Wooden

@quotefancy

email YOUR favorite quote
>>>

good to giggle

Kids returning to school after Corona.



Tips for finding a soulful place in our hearts
this week on Suzanna's column, 'Snippets of Faith'



Almost 200 captivating vintage photos tell stories of some of the Italian immigrants who settled in Baltimore.

signed copies by author
Suzanna Molino

Director & Founder,
Promotion Center for Little Italy, Baltimore

order on
PromotionCenterforLittleItaly.org

Book proceeds benefit PCLI, a 501c3 nonprofit organization which promotes Little Italy, its events, Italian heritage, and rich history.

\$24.99 includes tax & shipping
Publication date: November 2, 2020
by Arcadia Publishing, NC



I'll sign a personalized copy to you or as a Xmas gift >>> order here

Ciao ... until you snippet again



suzanna rosa
molino singleton
(it's now legal!)

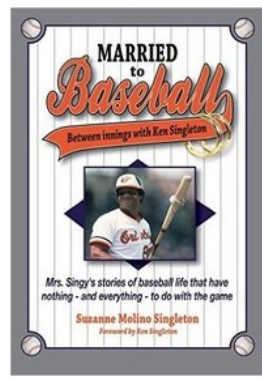
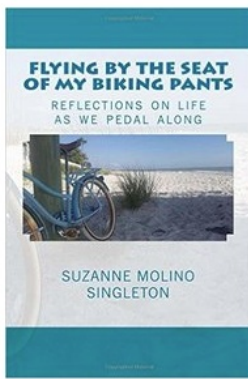
SNIPPETS creator
writer / author / editor

SNIPPETS inspiration
(fridays since 2006)

email suzanna

read previous SNIPPETS >>>

more books by Suzanna >>>



forward this email to a friend who could use a little snip-me-up ...

not yet a snippeteer? add your email address to receive SNIPPETS on Fridays - always free! >>>

[SNIPPET WITH US](#)

[READ SNIPPETS](#)

[MEET THE WRITER](#)

[BOOKS BY SUZANNE](#)

[SNIPPETS OF FAITH](#)