

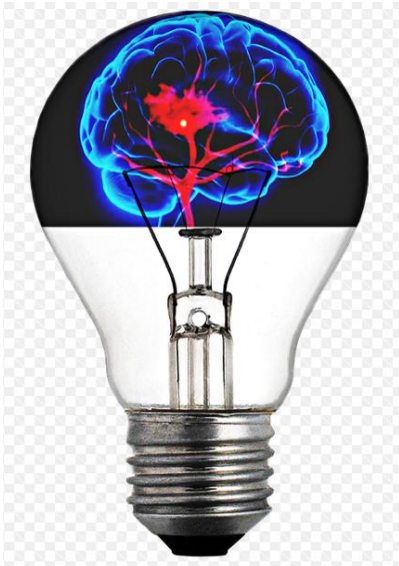


**Mind:** Are You a Thought Hoarder?

**Body:** Roast Chicken 4 Ways

**Spirit:** Strength

## Are You a Thought Hoarder?



It has been suggested that we experience between 50,000 - 60,000 thoughts a day -- and that 95% of these thoughts are the very same recurring thoughts we have entertained before. Now that's a lot of re-runs!

I am not sure where these statistics come from, but they do sound plausible, and perhaps even familiar. If even a portion of the 95% of repeating thoughts is an accurate representation, it gives us some insight into why the proverbial New Year's Resolutions often don't make it into February. The most well intentioned fresh resolutions are destined for failure!

Einstein once said that the definition of insanity is

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doing the same thing and expecting a different result. I suspect this is probably just as true with our thoughts. Same thoughts -- same results!

That being the case, it would behoove us to take some time to not only identify the new behaviour we want to instill, but to also list the thoughts that would support that new behaviour. While we are at it -- just to keep a lid on that pesky 95%, we might even want to list all of the repeating thoughts that get in the way.

So, I think I'll take a leaf out of the de-cluttering books. If it works for cluttered closets and carports, it just might work for the filing cabinet in my mind.

This year, I am going to identify one new behaviour -- just one! I'll spend some quiet time listing the thoughts that support that behaviour, as well as the comfortable and familiar old thoughts that sabotage the new behaviour. The supporting thoughts go into the 'keep bin' in my mind and will be fed with some 'Way To Go!' thumbs-up reinforcements. The thoughts that sabotage the new behaviours and tell me all the ways that the habitual status quo should be maintained -- well, these thoughts will be appreciated like an old shirt that no longer fits, and lovingly cast aside in the 'time to toss out' bin.

Rhonda Latreille, MBA, CPCA  
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## Roast Chicken 4 Ways



The ultimate comfort food makes a satisfying dinner then doubles for lunches through the week. 8 servings.

**Ingredients** - 2 whole chickens, about 3 lb/1.5 kg each, 2 small onions, halved, 1 small lemon, halved, 10 sprigs of fresh thyme, 2 tsp (10 mL) canola oil, 1/2 tsp (2 mL) fresh ground pepper

### Directions

1. Preheat oven to 400° F (200° C).
2. Place onion and lemon half in each of the chicken cavities along with 4 of the thyme sprigs. Place on rack in roasting pan. Drizzle with oil and sprinkle with pepper and remaining 2 sprigs of thyme.
3. Roast in oven for 1 hour. Cover lightly with foil and continue roasting for about 20 minutes or until thermometer inserted in thigh reaches 170° F (80° C). Set aside to rest.
4. Enjoy the chicken alongside your favourite side dishes. Then remove skin and bones from remaining meat and refrigerate. Use leftover meat (about 4 cups or 1 L from one chicken) in these packable lunches:

Chicken and Vegetable Soup: Add 2 cups (500 mL) chopped cooked chicken and 2 cups (500 mL) frozen diced vegetables to 4 cups (1 L) no salt added chicken broth and heat through before packing in a thermos.

Chicken Wrap: Stir together 3/4 cup (175 mL) chopped cooked chicken with 2 tbsp (25 mL) hummus and spread over large whole wheat tortilla. Top with lettuce and roll up.

Chicken Quesadillas: Divide 2 cups (500 mL) of chopped cooked chicken among 4 small whole wheat tortillas. Chop 1 red pepper and 2 green onions and divide over top of chicken. Sprinkle each with 2 tbsp (25 mL) crumbled goat cheese or grated light cheddar cheese. Fold in half and brown both sides in nonstick skillet or grill pan.

**Nutritional Info Per Serving** (1 cup/250 ml) -  
Calories 209, Protein 32 g, Total Fat 8 g, Saturated Fat 2 g, Cholesterol 98 mg, Carbohydrates 0 g, Fibre 0 g, Total sugars 0 g, Added sugars 0 g, Sodium 95 mg, Potassium 268 mg

Recipe developed by Emily Richards, PH Ec. Reprinted with Permission from ©Heart and Stroke Foundation 2016.

### For the Spirit

"I'm thankful for my struggle because without it, I wouldn't have stumbled across my strengths."



*Author Unknown*