

Moderation is Key, or is it?

Do you believe “moderation is the key” or do you live by the “you can never get enough of a good thing” motto? Hubby and I differ in our opinions here.

Too Much of a Good Thing

When you find a “deal” do you (or are you tempted to) buy more than you need? From food items to household products to clothes, I like to buy only what I need when I need it, especially things I have never purchased before. I like to test drive items before I buy in multiples.

Someone else in this household, however, (did I tell you we are [empty-nesters](#)?) is like “oh, these jeans are on sale, maybe I should get three pairs so I won’t have to buy any for years.” If I did this I would probably forget I purchased the other two (identical) pairs. Shoes are another item hubby buys in bulk, shoe boxes line his closet, all with the same shoes in them.

The only time I admit to (perhaps) going overboard is when I’m perusing the garden nurseries. In that case, I can never get enough, and too much doesn’t occur to me. Especially plant sales or clearances. I love to nurture sad-looking plants, as most on clearance racks are, back to health.

Things in Moderation

Many things are said to be best in moderation.

Red wine comes to mind for me. I regret drinking more than two glasses when the resulting pounding headache the next morning reminds me I had too much. I can however handle more than two [margaritas](#), especially the “skinny” variety I love concocted with [Bubly](#) and no triple sec.



House cleaning is something else I practice in moderation. My mother was a clean freak, me not so much. I do enjoy a clean house, especially the smell of a clean house. I enjoy it even more so when someone else has done the cleaning. Way back when my sons were young and I was working two full-time jobs (because that's what you do when you work outside the home and are a mom too) I had a cleaning lady. Tuesday afternoons I would come home to an awesome-smelling, clean home. What a treat that was! The biggest problem with that arrangement is that I would run around tidying up the house Monday evening...in moderation of course.

Sitting still is yet another thing I do only in moderation. I can sit and read a good book, or watch a good movie on TV, occasionally. I'm not very good at sitting through an entire movie though without getting up to throw in a load of laundry

or folding said laundry.

Fortunately for me, and my waistline in particular, I enjoy junk food in moderation. Very sugary stuff I am not that fond of as [sugar](#) gives me a sore throat. Treats like ice cream and dark chocolate though are my favourite indulgences.

What do you enjoy in moderation or excess? Please share!

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