

January 10 Weekly Technique

Ready to set an
intention for
the new
year?



Try this! Set an intention for the next three to six months (your choice!) and a small goal to help you get there.

1. What do you value most? → Our values reflect what's most important to us.

2. How do you want to show up? → By understanding what we value, we can set intentions to bring our values to life.

3. How could you act on this?

1

“My health
is most
important
to me.”

2

“I’m going
to prioritize
my health.”

3

“I can pick
healthier foods
or move
more.”

4. Choose one and create a STAR goal!



“On Monday,
Wednesday, and
Friday, after lunch,



I'll take a 30-minute
walk to prioritize
my health.”



Let's dive a little deeper...

- Our intentions can act as a compass to guide our actions when we hit reset.
- Our intentions can also improve our motivation—and help us move forward after any setbacks.

[Learn more about hitting reset](#)

Featured Recipe



- Our Company
- Help
- Connect

[Terms and Conditions](#) [Privacy Policy](#)

Canada (English)

The WW Logo, Weight Watchers, myWW, SmartPoints, FitPoints, Points and Wellness that Works are trademarks of WW International, Inc.
©2021 WW International, Inc. All rights reserved.
Le Logo WW, Weight Watchers, monWW, PointsFutés, Points et Wellness that Works sont des marques de commerce de WW International, Inc.
©2021 WW International, Inc. Tous droits réservés.