

January 17 Weekly Technique

Celebrating a win?



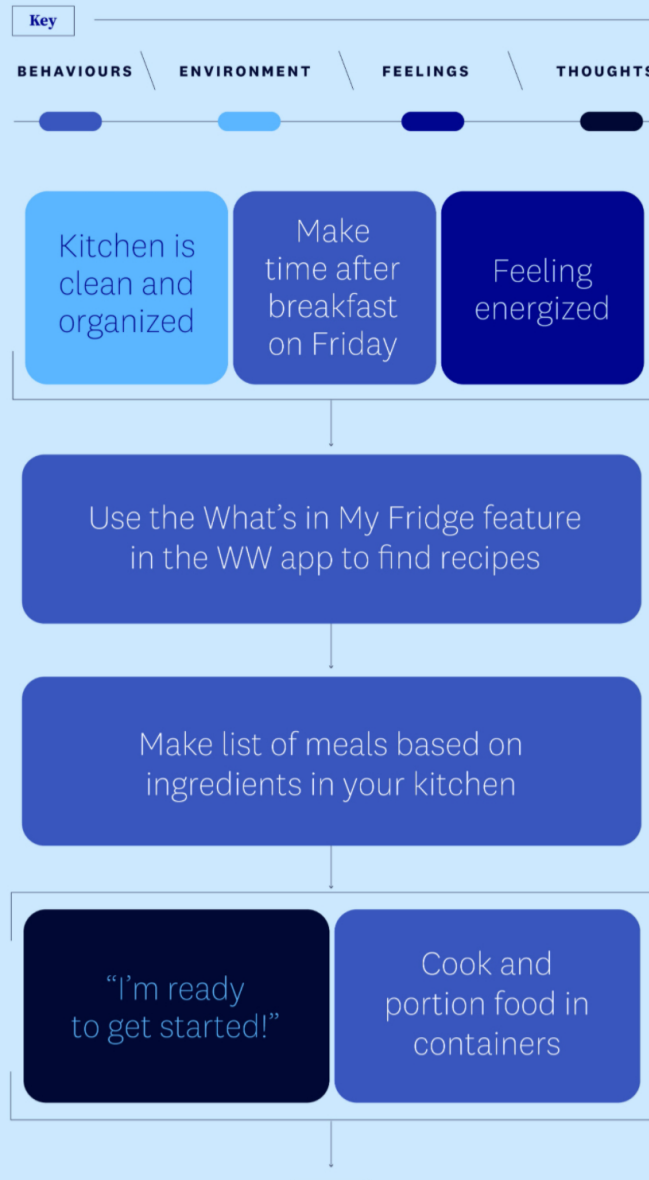
Hit rewind
and press
repeat!



Try this

The next time you find yourself celebrating that win and getting closer to your goals (go you!), use these steps to figure out how to repeat that success.

Pretend there's a video recording of everything you did on the day leading up to that win. Mentally rewind that tape to see what actions you took before, what your environment was like, and what thoughts you had. Based on what you watched, pinpoint what led to your success that you can repeat next time. With that in mind, fast forward the tape...were you able to repeat that win?



WIN:

I prepped all my meals for the week
on Friday.

If you've prepped all your meals for the week in advance, re-trace your steps to see what led up to this success. Maybe you made time to meal plan, kept your kitchen clean and organized, used the What's in Your Fridge feature of the WW app or made a list of meals based on ingredients. Which one of these inputs can you repeat next week?

Let's dive a little deeper...

- Our thoughts, feelings, environment, and other actions impact what we do.
- Once we pinpoint how these lead to our successes, we can identify what we can repeat moving forward and how we bring it to a fresh start

Monthly theme

+ Hitting Reset

WEEK

01

WEEK

02

WEEK

03

WEEK

04

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