Boundaries

Say hello to unhelpful thoughts (Hear us out...)

Even though we know that setting boundaries is really about prioritizing what matters most to us (helpful!), sometimes it leads to thoughts that make us feel guilty (not so helpful). So, how do we avoid getting caught up in this or other unhelpful thoughts that keep us from our goals? We handle them by creating distance so we can **accept them** and keep moving forward.

WHAT TO DO

Follow this path to notice—and accept—your unhelpful thoughts.

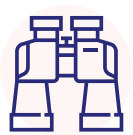
1

Identify

Single out that unhelpful thought.

"I said I'd take a daily walk and I've already stopped after three days. Here I go again...why can't I stick with anything?"

2



Acknowledge

Name that thought as if you're looking at it from afar.

"There's that thought again, that one that says I can't stick with anything. I tend to think this way a lot..."

3

Commit

Focus on what you want to do, not what you might do because of that thought.

"Just because I have that thought that I ruined things doesn't mean I should just give up. I can still work toward my goal."

How have you moved forward after having an unhelpful thought? Share in your Connect Studio group!

Wellness that Works.™

Pizzelle cookie cannolis

Prep 20 min | Cook 6 min | Serves 8

4 4 4

- 250 ml (1 cup) plus 30 ml (2 Tbsp) part-skim ricotta
- 125 ml (½ cup) light whipped topping
- 45 ml (3 Tbsp) powdered sugar
- 3 ml (¾ tsp) vanilla extract
- 1 ml (¼ tsp) finely grated orange zest
- 21 g (¾ oz) (60 to 69%) dark chocolate, finely chopped
- 8 7.5 - 10-cm (3-4-inch) vanilla pizzelle

1. Line fine-mesh strainer with paper coffee filter or piece of cheesecloth; set over small bowl. Add ricotta; cover with plastic wrap and top with a heavy can. Refrigerate at least 1 hour to drain.

2. In another small bowl, combine drained ricotta, whipped topping, sugar, vanilla, and orange zest; fold in chocolate and set aside.

3. On paper plate, microwave cookies, one at a time until warmed, 20 to 30 seconds. Immediately remove cookie and wrap around utensil handle (such as a peeler) to form a shell (or carefully shape shells with your hands). Let cool; repeat with remaining cookies.

4. Spoon or pipe 30 ml (2 Tbsp) filling into each cookie shell; serve immediately.

SERVING SIZE: 1 cannoli

Vegetarian Nut-free

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