WW Weekly

December 27, 2020–January 2, 2021

Boundaries

The best way to make decisions? Try this

On average, humans make over 200 decisions a day. (No wonder they're so hard to make when we're tired!) Planning what we're going to do in advance—*"If this happens, I'll do this"*— can help make those in-the-moment "Should I eat allllll of the leftover holiday cookies?" choices a whole lot easier.

WHAT TO DO

Create a guideline ahead of time so you aren't wasting any energy making a good-for-you decision in the moment.

1 Identify a scenario

Pinpoint a scenario where you often make an in-the-moment decision you wish you didn't.

Maybe you want to eat more fruit, but always end up heading to the cabinet for cookies instead.

2 Decide what to do

Determine ahead of time what you actually want to do.

It could be that you want to eat a piece of fruit while watching TV after dinner.

3 Create a guideline

Use your answers to one and two to fill-in-the-blanks of this sentence.

"When _____ happens, I'll do _____ ." Your version might be "When I sit down to watch TV, I'll bring a piece of fruit with me."

4 Check yourself

Review your guideline to make sure it's truly do-able. It shouldn't require a lot of effort or be hard to stick to—that way, it'll be more likely you'll use it. The more you use it, the more second nature it'll become.

What's your implementation intention strategy? Share it in your Connect Studio group!

Wellness that Works.™

Baked beef ziti

Prep 20 min | Cook 50 min | Serves 8

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- **340 g (12 oz) ziti**
- **10 ml (2 tsp) olive oil**
- **2 medium garlic cloves, minced**
- **140 g (⅓ lb) 93% lean ground beef**
- **5 ml (1 tsp) dried oregano**
- **5 ml (1 tsp) dried thyme**
- **5 ml (1 tsp) dried rosemary**
- **2 ml (½ tsp) salt**
- **2 ml (½ tsp) black pepper**
- **795 g (28 oz) crushed tomatoes**
- **250 ml (1 cup) shredded part-skim mozzarella**

1. Preheat oven to 180°C (350°F)

2. Cook pasta according to package directions; drain and set aside.

3. Meanwhile, in medium saucepan heat oil over medium; add garlic and cook 2 minutes. Add beef and cook, breaking up with wooden spoon, until browned, 3 to 5 minutes; drain off any fat and set pan back over medium heat.

4. Add oregano, thyme, rosemary, salt, and black pepper; stir to coat beef. Cook until herbs become fragrant, about 2 minutes. Add tomatoes and bring mixture to boil; reduce heat and simmer 5 minutes.

5. Spoon small amount of beef-tomato mixture into bottom of 4-L (4-qt) casserole dish (just enough to cover surface); top with half of cooked ziti. Next, layer with half of remaining beef-tomato sauce and half of mozzarella. Layer with remaining ziti, then top with remaining beef-tomato sauce; sprinkle with remaining mozzarella. Bake until cheese is golden and bubbly, about 30 minutes. Slice into 8 pieces.

SERVING SIZE: ⅛ casserole

Nut-free

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