



# Better Together

Invite a friend to join Weight Watchers!  
Both you and your friend will receive **1 MONTH FREE\***!



**weightwatchers**

\*One Month Free: To be eligible for a one month extension to your Monthly Pass, friend must purchase a new Weight Watchers Monthly Pass (Meetings incl. Online) subscription by 12/31/2018, and continue for at least 2 weeks after purchase. If these criteria are met, you will receive an email indicating your eligibility. Your subscription must remain active for at least 2 weeks after you receive such email to allow for processing of your month extension. Processing of extension may take up to 45 days. The extension will be added at the end of your pre-paid period at the time of processing. Offer does not apply to any invited friends' current subscriptions and is only available to Canadian residents. You must have an active Weight Watchers Monthly Pass subscription to receive your extension. Extension is not transferable or redeemable for cash. This offer is available in participating areas only. Not available in At Work Meetings. Offer only valid for current/active Monthly Pass subscribers. To be eligible for a one month extension to your Monthly Pass, you must have a current Monthly Pass subscription that has been active for a minimum of 2 weeks, and friend must purchase a new Weight Watchers Monthly Pass (Meetings incl. Online) subscription by 12/31/18 and continue for at least 2 weeks after purchase.

April 1-7, 2018



# Freestyle™



**I'm optimistic  
(but realistic!)**

**It's great to  
think things will  
work out—so  
long as you have  
a plan to make it  
happen.**



# be optimistic (and realistic!)

“Don’t Worry, Be Happy.” It’s a catchy tune, sure, but it’s not the best approach to success. Overly optimistic thinking goes something like this: “I went way over my SmartPoints® Budget today, but I’ll get back on track soon, somehow.” While it’s helpful to assert good intentions (rather than berating yourself for a slip), being vague about how you’ll recover isn’t helpful. **Thinking things will get better somehow, without having a plan to make it happen, can derail our weight-loss efforts** because we need to identify what needs to change and

then set specific steps to change it. So, for instance, the fix for going over Budget could be to plan and even pre-track tomorrow’s meals.

While most unhelpful thinking styles are negative (“I ate all my weeklies. That’s it, game over” or “Yeah, I tracked every day but I only lost a pound”), the “don’t worry, be happy” thinking style *feels* positive. But it, too, can lead to feelings and actions—or more often, inactions—that undermine our journey. Because it masquerades as something positive, this thinking style might demand a little practice to identify and shift.



## tip from a leader

“‘Overly optimistic’ is a mask we sometimes wear. If a member talks about getting back on track, but it’s not happening, I remind him or her that things don’t just work out because you want them to. We have to work with them, for them to work out.

“Sometimes we get a couple of steps ahead of ourselves, and we just need to pause. Often our optimism is covering up what we need to do next. Notice where you are without judgment. Be honest and kind to yourself as you pay attention to your thoughts and behaviours. We can change things we notice.” —HAYVEN, LEADER

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## what to do

# balance your thinking

The most helpful thoughts aren’t either overly optimistic or pessimistic; they’re realistic. Once we recognize “don’t worry, be happy” thoughts, we can reality-check them to shift to helpful thoughts that include a plan of action to help you regroup.

*Write down your responses in the spaces below.*

## 1 Identify your “don’t worry, be happy” thought.

*Example:* “I ate way more than I planned at my lunch date today. I’ll get back on track later.”

## 2 Reality-check it. Ask yourself, “What needs to happen to make this thought true?” Use your answer to shift to a helpful thought that has one or more back-on-track solutions.

*Example:* “If I make a plan, I will be able to get back on track later. I could track what I ate.”

## 3 Plan what you’ll do. Choose one action from your ideas above that’s doable. Make a specific plan for what you’ll do, when and where you’ll do it, and who you’ll do it with (if anyone).

*Example:* “I’ll track what I ate at lunch during my 3 p.m. break at my desk by myself. That’ll help me see how many SmartPoints I’ve used and decide what to eat for dinner.”

⇒ 1

⇒ 2

⇒ 3

**FOLLOW UP** The next time you notice a “don’t worry, be happy” thought, use the steps above to reality-check it and make a plan for what to do next.

# think again

Being optimistic is great—if you take your thoughts a step farther to connect the dots between where you are and where you want to be.

## UNHELPFUL THOUGHT

“I went over my SmartPoints Budget today, but that’s okay. I’ll do better tomorrow.”



## HELPFUL THOUGHT

“Unless I make a plan to stay within my Budget, things won’t be better tomorrow. When I get home from work tonight, I’ll plan tomorrow’s meals so I can get back on track.”

## UNHELPFUL THOUGHT

“It’s raining, so I can’t go on my usual walk at lunchtime. Oh well, hopefully it’ll be clear tomorrow.”



## HELPFUL THOUGHT

“It’s raining, so I’ll miss my lunchtime walk today. It might clear up tomorrow, but it might not. So I’ll stop at the mall on my way home and walk around it twice so I can get in my activity.”



Recall a time when you had a “don’t worry, be happy” approach to a less-than-ideal situation on your journey. Write an unhelpful thought you had about it. Give it a reality check, then write your helpful thought.

## UNHELPFUL THOUGHT

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## HELPFUL THOUGHT

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Flower photo by Shutterstock

# inspiration

from the community



“Today is my restart.

## BEING REALISTIC.

Planning is going to be my biggest challenge.

But it’s a new day and a new beginning.” —CLHUTSON\*



“Optimism is all well and good but you have to follow it up with a plan.

A work week’s worth of lunches is a good start. #wegotthis.”

—LEIAGOTT16\*



“I can sometimes be a little Pollyanna-ish. I like to keep things positive, but it is important to be honest with myself. That is one of the ways we learn and grow.”

—BACKUSMR1\*

\*Posted on Connect on the mobile app (for subscribers).



Are you a #HappyRealist? Share how you keep your thoughts in a helpful balance between optimism and realism on Connect in the mobile app (for subscribers).



fast + easy

from [weightwatchers.ca](http://weightwatchers.ca)

6  
SmartPoints  
value

←  
Use up leftover  
lean baked Easter  
ham in this recipe,  
or buy some at the  
deli counter.

## ham and cheese melt with fresh slaw

6 SmartPoints value per serving // PREP 7 min // COOK 3 min // SERVES 1

- 125 ml (½ cup) packaged coleslaw mix
- 12 ml (2½ tsp) light mayonnaise
- 3 ml (¾ tsp) rice wine vinegar
- Pinch each salt and pepper
- 15 ml (1 Tbsp) mustard
- 55 g (2 oz) lean ham, sliced
- 28 g (1 oz) low-fat Swiss cheese, sliced
- 2 slices light rye bread

**COMBINE** coleslaw mix, mayonnaise, vinegar, salt, and pepper in a small bowl; set aside.  
**DIVIDE** mustard, ham, and cheese between bread slices; bake at 180°C (350°F) until melted, 2-3 minutes. Top with slaw.

Recipe © Weight Watchers International, Inc. All rights reserved. Photo by Armando Rafael.

# thoughts on my meeting...

Great stuff I heard... helpful tips... what I'll work on!

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Sail through the Caribbean on a brand-new ship, the MSC Seaside. Enjoy SmartPoints friendly food, meet new friends, and learn new tricks from WW experts. WW cruises set sail May 5-12 and Nov. 10-17.  
Book at <http://cruisestoclick.com/rejuv/>



**RISE AND SHINE** Start off your morning on the right foot with our easy grab-and-go oatmeal.  
Available in participating meeting locations.

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