



Member *support*

to help you reach
your goals

3 ways to connect



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Agents are waiting to take your call and help you any way that they can.
1-800-651-6000
Monday - Thursday 7AM - 8PM EST
Friday 7AM - 6PM EST
Saturday 7AM - 3PM EST
Sunday 9AM - 5PM EST



Looking for program support, help with motivation or an opportunity to problem-solve on your weight loss journey? Ask your Meeting Room staff to refer you for a Care Call from a Customer Care Agent.


Freestyle™

August 19-25, 2018



Freestyle™

practise gratitude

How appreciating the
good things in your life can
help you on your journey



an attitude of gratitude

What was good about your day? Did you bite into a ripe and juicy peach? Find a great parking spot? Or maybe your cat nuzzled your ankle at the front door? When you notice any good thing, large or small, you experience gratitude. And *that's* a good thing.

As we move through our daily lives, we can sometimes get stuck on what goes wrong, while overlooking the positive moments. Taking time to recognize goodness in your life can pay off with more than just a pleasant feeling: Research has found that gratitude boosts life (and relationship) satisfaction, optimism, and overall well-being. It can even help you sleep better!

Being grateful also enhances your journey. It boosts happiness—which prompts you to

make healthier choices. You're better able to respond to setbacks. You might even be more physically active! One study found that people who wrote down what they were thankful for moved more than those who wrote down the

hassles in their lives. And gratitude can improve body image and self-esteem, which can play into your ability to lose weight and keep it off. What's more, you can get these benefits in five minutes (or less!) a day—see opposite!



Cover photo and this page by Getty Images.

what to do

practise 3 good things

Reflecting on the positive things that happen each day can inspire feelings of gratitude. The more you do it, the more naturally it'll come to you.

1. Think about three good things that happened to you in the last 24 hours. They can be something small, like the smell of your coffee in the morning; or large, like heading off on vacation.

2. Write down each thing and describe it with as much detail as you can. Consider where it happened, what time of day it was, what you were wearing, who was with you, etc.

1.
2.
3.

3. Note how you felt during and after you experienced this good thing, and write it down. Were you happy? Relieved? Surprised? Delighted?

1.
2.
3.

THIS WEEK Choose three days to take five minutes to practise 3 Good Things using these steps and deciding when and where you'll do it, and who (if anyone) will practise with you.

make it stick!

Want to make gratitude a habit? Link the 3 Good Things technique to a daily activity—before bed each night can be perfect as you reflect on your day. Create a cue by leaving a pen and small notebook on your pillow. Decide on a reward for doing the practice—it could simply be the positive feelings you get when you reflect on the day's good things during your day, or another non-food reward—which can help you keep up the habit.

think again

Even during the busiest days, it's not hard to steal a few minutes to find small things to be grateful for. Shift your thinking to *thanking!*

UNHELPFUL THOUGHT

"Things aren't going great for me right now. It's impossible to think of three good things."



HELPFUL THOUGHT

"Things may be hard, but it doesn't mean nothing good is happening. Even a cold glass of iced tea when I'm thirsty is a small but good thing."

UNHELPFUL THOUGHT

"Thinking of three things I'm grateful for sounds nice, but I don't have time to do that."



HELPFUL THOUGHT

"Thinking of three good things won't take long. I can stop watching TV at night five minutes earlier and think of them when I get into bed."



Your turn! What unhelpful thought about expressing appreciation have you had recently? Write it here; give it a reality check, then write your helpful thought here.

UNHELPFUL THOUGHT



HELPFUL THOUGHT



tip from a leader

"I'm grateful for the beauty of my daylilies blooming, waking up with my great-granddaughter snuggled with me, coming home to a clean house, and picking tomatoes from the vine!" —PATRICIA

inspiration

from a member



Bob's Gratitude List Big and little things that he's appreciating now:

Someone else's good mood. "I notice the small things, like when other people are in a happy mood—and I try to emulate that."

A new job. "It was super stressful for the first few months. But then I took a moment to look at where I was and how far I have come in my career—and I got so excited about what the future holds for me professionally as well as personally."

Friends and family. "I'm extremely thankful to all those who have supported

and pushed me throughout my life. I always try to show my kids a positive example. And my wife, who is also a WW member, shows me how hard work can pay off in many ways."

Paying it forward. "In my meeting room I listen to members' stories and share experiences I've had to help wherever possible. I also try to give to others, either in the way of donations or by helping out at my kids' school."

His new town. "A recent move has afforded me the opportunity to take my family on vacation to Hawaii!"

NAME
Bob

JOINED
January 2017;
this was my
3rd time

FAVE WW SAYING
"It's a lifestyle!"



What are you **#Grateful** for today? Share on Connect in the mobile app (for subscribers).

tomato and nectarine salad with scallions and pumpkin seeds

1 SmartPoints® value per serving // PREP 20 min // SERVES 8

450 g (1 lb) fresh tomatoes, sliced or chopped
450 g (1 lb) nectarines, pitted and cut into thick wedges
30 ml (2 Tbsp) extra-virgin olive oil
30 ml (2 Tbsp) fresh lime juice
2 ml (½ tsp) kosher salt, or to taste
1.3 L (5 cups) baby arugula
4 medium scallions, ends trimmed, thinly sliced
45 ml (3 Tbsp) roasted salted pumpkin seeds

PLACE tomatoes and nectarines in a large mixing bowl; drizzle with oil and lime juice. Sprinkle with salt; gently combine with your hands.

PLACE arugula on a large serving platter; spoon tomato mixture over top. Sprinkle with scallions and pumpkin seeds; serve immediately.

YIELDS 375 ml (1 ½ cups) per serving.

←
Feel free to substitute peaches, plums, or any combination of stone fruit.

1
SmartPoints
value



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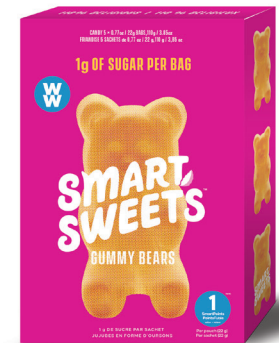
thoughts on my meeting...

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



TRY SOMETHING NEW ON WW CRUISE!

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. The WW Cruise sets sail Nov. 10-17. Book at wwcruise.com.



SMARTPOINTS-WORTHY SWEETS

Got a sweet tooth? Then our NEW SmartSweets Gummy bears, available in meeting rooms now, are for you! Naturally flavoured, high in fibre and each pouch is only 1 SmartPoints. Pick up yours today!

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