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WW member

Look back to look forward

How did your wellness journey go last week? Last month? Last year? As you take stock, focus on...

• **The progress you've made:**

Look at what you've accomplished rather than on goals not yet reached. It'll boost your confidence and help you keep going.

• **What works, what doesn't:**

Pinpoint your successes and struggles. What changes clicked immediately—or finally!—and what didn't work out?

• **Moving forward:** For changes that *didn't* click, adjust your approach based on what you've learned about what *did* work.

WHAT TO DO
Reflect on
your journey

Think about what you've tried in the last six months or since joining WW. Explore food, activity, mindset—anything that affected your health and wellness. Use the space below (or

in your *Success Story*) to answer: What changes have been working for you, and why? What just didn't stick, or even seemed to work against you? Why?

THIS WEEK
Focus on
your successes

Take 10 minutes to consider the questions above. Use your insights to set a new non-scale goal for this month. Write it in your *Success Story*.

Changes that have been working for me (and why they've worked):

Changes that haven't worked (and why not):



For more on the benefits of regular reflection, check out the Weekly Topic in your app, or the "Plan Basics" section of My Day.

Wellness
that Works.™

→
This is just one
of the delicious
WW Freestyle
meals served
aboard the
WW Cruise!
Learn more at
www.cruise.com.

WW Cruise beef tenderloin dinner

Prep 25 min | Cook 35 min | Serves 6

8



175 ml (¾ cup) low-fat plain
Greek yogurt

45 ml (3 Tbsp) horseradish
sauce

30 ml (2 Tbsp) chopped
chives

6 ml (1¼ tsp) Dijon mustard

2 ml (½ tsp) kosher salt

0.5 ml (⅛ tsp) black pepper

2 sprays cooking spray

60 ml (¼ cup) minced
rosemary

30 ml (2 Tbsp) extra-virgin
olive oil

15 ml (1 Tbsp) minced garlic

5 ml (1 tsp) lemon zest

5 ml (1 tsp) kosher salt

1 ml (¼ tsp) black pepper

680 g (1½ lb) fingerling pota-
toes, halved or
quartered

340 g (¾ lb) brussels
sprouts, halved or
quartered

680 g (1½ lb) lean beef
tenderloin, tied into a
roast if tail end

COMBINE the first six ingre-
dients in a small bowl; chill
until ready to serve.

PREHEAT oven to 230°C (450°F).
Line baking pan with foil and
coat with cooking spray (or coat
pan with cooking spray).

COMBINE rosemary, oil, garlic,
zest, salt, and pepper in a
small bowl.

PLACE potatoes and brussels
sprouts in a large bowl; add
30 ml (2 Tbsp) rosemary
mixture and toss to combine.
Spread potatoes and vegeta-

bles evenly across prepared
baking pan.

RUB remaining rosemary
mixture all over beef tenderloin;
nestle beef in centre of vegeta-
bles on pan.

ROAST, stirring vegetables once
halfway through cooking, until
beef reaches an internal tem-
perature of 60°C (140°F), about
30 to 35 minutes. Remove from
oven and let beef rest for sever-
al minutes before carving and
serving with horseradish sauce
and vegetables.

SERVING SIZE: About 85 g
(3 oz) beef with 30 ml (2 Tbsp)
horseradish sauce, 250 ml
(1 cup) brussels sprouts, and
175 ml (¾ cup) potatoes.



Gluten-free



Nut-free

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