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Try a reality check

It's a chain reaction: What you **think** determines what you **feel**, which determines what you **do**. And some thoughts are pretty unhelpful. Let's say you miss your daily walk. You **think** you've sabotaged your efforts to be more active, making you **feel** hopeless, and you **do** something you later regret, like not tracking the day's meals. Enter the reality check. Ask yourself: 1) Are there **facts** to back up your thought? Or: 2) What would

you say to a **friend** who thought this? Either can guide you to a more realistic thought that can change how you feel and then act.

Here's how it works:

1. ID an unhelpful thought.

After walking three days in a row, you miss a day. You think, "I ruined my streak. Those three days were a waste of time."

2. Reality-check that thought.

Look at the facts: Is it true that those three

days were a waste of time? Or imagine what you'd say to a friend who thought that. **3. Develop a new, helpful thought.** "Yes, I missed my walk, but it all adds up. I'll walk tomorrow; four out of five days would be great."

WHAT TO DO

Do a reality check

This week, start to notice how an unhelpful thought impacts your feelings and actions. Reality-check it to shift to a helpful thought.

My unhelpful thought: _____

Reality check: _____

My new, helpful thought: _____



Cobb salad with smoked chicken

Prep 25 min | Serves 4

5



- 60 ml (¼ cup) chicken broth
- 30 ml (2 Tbsp) minced shallot
- 20 ml (4 tsp) extra-virgin olive oil
- 20 ml (4 tsp) red-wine vinegar
- 5 ml (1 tsp) Dijon mustard
- 1 ml (¼ tsp) salt
- 0.5 ml (⅛ tsp) freshly ground black pepper
- 1 L (4 cups) thinly sliced romaine lettuce
- 1 L (4 cups) lightly packed baby arugula
- 450 g (1 lb) sliced smoked chicken breast
- 375 ml (1½ cups) grape tomatoes, halved
- 4 hard-cooked eggs, halved
- 1 small avocado, peeled, pitted, and diced
- 2 mini (Persian) cucumbers, chopped
- 125 ml (½ cup) crumbled reduced-fat blue cheese

1. Whisk together broth, shallot, oil, vinegar, mustard, salt, and pepper in medium bowl.

2. Place 250 ml (1 cup) each lettuce and arugula in 4 large salad bowls. Drizzle each with 22 ml (1½ Tbsp) dressing. Evenly divide chicken, tomatoes, eggs, avocado, cucumbers, and blue cheese among bowls. Drizzle evenly with remaining dressing.

Gluten-free Nut-free

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