



Weekly

October 21-27

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Shift your mindset

A **growth mindset** is like a mental superpower; it helps you believe things can change for the better. You see setbacks as a chance to grow and learn skills that help you make healthy choices. With a **fixed mindset**, you feel things can't change, and you're less open to challenges. But you can shift from a fixed to a growth mindset, which will help you learn, adapt, and succeed.

WHAT TO DO

Reality-check a fixed mindset

A sure sign of a fixed mindset is a thought that starts with "I'll never be able to" or "I can't." To shift to a growth mindset, question those absolutes. Example:

Fixed mindset: "I'll never be able to do this. It's not even worth trying."

Reality check: "I might not be sure I can do it, but I can learn how along the way."

Growth mindset: "Yes, it's a challenge, but I've overcome challenges before. With time, I know I can do it."

THIS WEEK

Pick a challenge that affects your journey, one you've thought will never change. In the space below, reality-check that thought to shift to a growth mindset. Notice when the thought comes up this week and apply what you've practiced.

Reality-check your thinking to develop a growth mindset.

Challenge that affects my journey: _____

Fixed mindset thought: _____

Reality check: _____

Growth mindset thought: _____



Learn more about growth mindsets: check out the Weekly Topic in your app, or the "Plan Basics" section of My Day.

**Wellness
that Works.™**

Baked Potato with Saucy Tomatoes & Poached Egg

Prep 12 min | Cook 8 min | Serves 1



- 1 large egg
- 5 ml (1 tsp) extra-virgin olive oil
- 250 ml (1 cup) halved grape tomatoes
- 1 small garlic clove, minced
- 1 medium cooked (baked or microwaved) potato
- 30 ml (2 Tbsp) sliced fresh basil
- 22 ml (1½ Tbsp) shredded Parmesan cheese
- Pinch salt
- Freshly ground black pepper to taste

ADD 3.75 cm (1½ inches) of water to a medium skillet; bring to a boil over high heat. Reduce heat to medium; carefully crack egg into boiling water (or crack into a bowl and then slide into skillet). Reduce heat to medium-low and poach egg 3 minutes in simmering water; remove with a slotted spoon and set aside. (If you prefer, cook egg sunny side up.)

DRY skillet; heat oil in skillet over medium heat. Add tomatoes and garlic; cook, stirring often, until tomatoes soften, about 2 minutes.

CUT a slit in top of potato; push ends in to fluff up flesh. Top with tomato mixture; sprinkle with basil. Top with egg and cheese; season with salt and pepper.



Gluten-free Nut-free Vegetarian

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