



Fan favourites

Why focusing on the good matters

It can be easy to focus on what's going wrong. (We see you, 2020.) But what if we shifted our focus to what's going well? From the super small stuff to the major moments, sparking feelings of gratitude all year long (not just in November) can have countless benefits on our weight and wellness journeys - and our overall mental health. The more we intentionally pause to notice what's going well, the more it becomes an automatic habit, ultimately helping us keep the big picture in mind.

WHAT TO DO

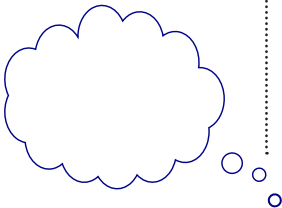
Take five minutes to practice 3 Good Things.

On the go?

Listen to our new 5-Minute Coaching session on this technique - just scroll down to the Strengthen your body and mind section in the WW app!

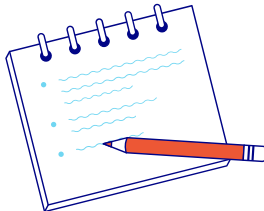
1

Think about three good things that happened today. Maybe you heard your favourite song on the radio (small) or got promoted (big).



2

Write those things down in detail - where were you, who were you with, what were you wearing? This will help you anchor it in your mind.



3

How did you feel when that good thing happened? Note how you felt then and how you feel now reminiscing about it.



What are your 3 Good Things for today? Let us know in your Connect Workshop group!

**Wellness
that Works.™**