

weightwatchers  
**weekly**

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**SHIFT Your  
THINKING**

See how a “growth” mindset can help you succeed!

# SHIFT Your THINKING

**Our mindsets are not set in stone.** According to Carol S. Dweck, Ph.D., a professor of psychology at Stanford University and the author of *Mindset: The New Psychology of Success*, we often switch from one point of view to another in our daily life, depending on the situation. And when it comes to weight loss, being able to shift from a *fixed* mindset to a *growth* mindset can help.

As you might guess, a **growth mindset** lets you see new experiences and challenges as chances to grow—to learn, improve, and benefit. Its opposite, a **fixed mindset**, is less open in new situations. With this mindset, we're likely to believe, "Well, that's just the way things are." Criticism lodges in our minds as truth, and setbacks may seem insurmountable. Having a fixed mindset can hinder weight loss because we don't think we can change habits and beliefs that hold us back.

**Shifting to a growth mindset** can unleash positive, powerful changes. You'll see your weight-loss journey as one of progress and learning, which *you* control as you develop the skills to make healthier choices and succeed. What's more, setbacks won't actually set you back! A growth mindset leads you to reflect on slips and learn their lessons so you can try again. Nor are you swayed or dismayed by mean comments about your weight or appearance—you know it's just someone's opinion and it doesn't define you. And you know how to celebrate. When you're victorious on and off the scale, you pat yourself on the back—you did it!—which helps reinforce healthy actions and your belief in yourself.

You can learn more about growth and fixed mindsets in Dr. Dweck's book, *Mindset: The New Psychology of Success*. Ballantine, 2006.

Cover photo by Stocksy.

## What's your MINDSET?

Our overall mindset can change from growth to fixed (or vice-versa), depending on the situation. Take this brief assessment to see which mindset you relate to most right now.

**1 Your boss gives you a task you've never done before and you're not sure how to do it. What do you think?**

**A.** "I don't know where to start. I can't do this."

**B.** "I've never done something like this, but I can learn how. I'll spend some time researching what my next steps might be."

**3 You're bored by your activity routine, and you get a flyer in the mail for a deal at a local gym. What do you think?**

**A.** "I won't know how to use any of the machines. Going to the gym is way too embarrassing."

**B.** "When I get to the gym, I can ask someone who works there how to use the machines."

**2 You're taking your child to a birthday party. All the parents will be staying to chat. What do you think?**

**A.** "I really don't want to go. Talking to the other parents will be awkward and I don't need new friends."

**B.** "I might meet someone new. All I have to do is walk up to someone and say 'Hi.' Maybe we'll make a connection."

**4 Your doctor suggests you practice mindful breathing to reduce stress. What do you think?**

**A.** "My mind is always racing. I'll never be able to relax."

**B.** "It may be a challenge to learn at first, but with practice I may find a way to eliminate some of the extra thoughts in my head."

**Mostly As:** Fixed mindset. **Mostly Bs:** Growth mindset.

# WHAT TO DO: SHIFT TO A GROWTH MINDSET

Learning how to listen—and talk back—to your inner voice can help you shift from a fixed to growth mindset. See how to make the switch, then try it for yourself in the right-hand column. This exercise can help you handle new situations, challenges, and setbacks with an open mind.

## FIXED MINDSET THOUGHT

“I knew I wouldn’t be able to do this. It’s so hard! I don’t think I can keep going.”

“I always wind up going over my SmartPoints® Budget on the weekends; it happens every time. I’m just not able to stay on plan then.”

## REALITY CHECK

“This is a challenge, and I’m not sure how long I can keep going, but I won’t ever know if I stop now.”

“I might not be sure that I can do it now, and it will take some work, but I won’t find a way to do it unless I try.”

## GROWTH MINDSET THOUGHT

“This challenge has been tough but if I continue to make small changes and try to keep going, I know I can do it.”

## YOUR TURN

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Curious about how switching to a growth mindset can actually change your brain activity? Go to [ted.com](http://ted.com) and search for Carol Dweck to see her talk on the power of a growth mindset.

## FOLLOW UP

Practice listening to your inner voice for a fixed mindset when you face a challenge, setback, or criticism. Identify one or two times this week when you have a fixed mindset and practice shifting your view to a growth mindset using the steps above.

# INSPIRATION FROM OUR COMMUNITY!

Connecting  
with  
**Oprah**

“FAILURE—OR WHAT YOU PERCEIVE TO BE FAILURE—CAN BE YOUR GREATEST TEACHER.” —OPRAH

“I tried salad and I didn’t hate it! I learned it’s iceberg lettuce that I dislike; romaine is the one for me!”  
—KATIEFLUGER\*



“FORMONTHS, I WAS TEN POUNDS FROM GOAL. THEN I REALIZED I WAS MAINTAINING SUCCESSFULLY! SHIFTING FROM AN ‘I’M STUCK’ MINDSET HELPED ME GET TO GOAL.” —MAGGIE

“SETBACKS USED TO BE A NEGATIVE BOMB. NOW I USE THEM AS LEARNING OPPORTUNITIES.”

—MATTHEWROBWHITE\*

\*Posted on Connect on the mobile app (for subscribers).



When has a **#MindsetShift** helped you?  
Share on Connect on the mobile app (for subscribers).



From [weightwatchers.com](http://weightwatchers.com)



## [LUNCH] GRILLED CHEDDAR CHEESE SANDWICHES WITH PICKLES

Mustard is the secret ingredient!

5 SmartPoints® VALUE PER SERVING // PREP 15 MIN // COOK 10 MIN // SERVES 4

- 1/4 cup low-fat cream cheese
- 3 Tbsp minced shallots
- 4 tsp grainy mustard
- 1 Tbsp minced unsweetened dill pickle, or bread and butter pickle slices, minced
- 8 slices reduced-calorie bread
- 3/4 cup low-fat shredded sharp cheddar cheese
- 2 sprays cooking spray

In a small bowl, combine cream cheese, shallots, mustard, and pickles; spread 1 Tbsp cream cheese mixture on one side of each piece of bread. Top 4 slices of bread with 3 Tbsp cheddar cheese each; cover with remaining bread, cream cheese-side down. • Off heat, coat a large skillet with cooking spray and heat over medium heat; cook sandwiches, flipping once, until lightly toasted and cheese melts, 2-3 minutes per side. • Yields 1 sandwich per serving.

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