Look back to look ahead
Take stock of the past months—or years. Then set your course for 2017!
What is looking back to look ahead? Reflect on your healthy-living efforts over the past six months, two years—even five years. What were your small victories, big wins—and challenges? Think about what you’ve accomplished, what made you proud, and what you still want to achieve. Celebrate yourself, and assess the expectations you had over the past months. Are you where you thought you’d be? What’s different? What’s better? And how do you want to move forward?

How does it help?
Everything you’ve been through, positive or not, is feedback that can help you decide what to do (or not do!) next. Own your successes and your slipups, and consider what worked and what didn’t in terms of food, activity, and lifestyle tweaks. As you reflect, you’ll figure out what changes you can make in your schedule and your habits so that they work for you (not against you) and help you achieve all of your healthy-living goals.

WHAT TO DO: YOUR YEAR IN REVIEW

This three-step process can help guide you toward new goals in the coming year. Use the examples here to create your own.

1. **RECOGNIZE YOUR SUCCESSES.** Big or small, celebrate them, then think of how to keep them going.

<table>
<thead>
<tr>
<th><strong>MY SUCCESS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Started daily walking routine</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>BUILD ON IT</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Sign up for a 5K run/walk with friends</td>
</tr>
</tbody>
</table>

2. **LEARN FROM EXPERIENCE.** How did you make success happen? What didn’t go according to plan? How can you make it work?

<table>
<thead>
<tr>
<th><strong>EXPERIENCE</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>I rarely made lunch on weekdays</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>MAKE IT WORK</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>I’ll make extra food for dinner so I have leftovers for lunch</td>
</tr>
</tbody>
</table>

3. **THINK DIFFERENTLY.** Sometimes, we’re our own biggest obstacles. Give your unhelpful thoughts a reality check and shift them to helpful ones. You’ll find yourself more likely to act in ways that further your weight-loss goals.

<table>
<thead>
<tr>
<th><strong>UNHELPFUL THOUGHT</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Ugh, I gained three pounds this month.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>REALITY CHECK</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>This time last year I had gained 10 pounds in a month.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>HELPFUL THOUGHT</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>I gained three pounds, but it would’ve been more if I hadn’t joined Weight Watchers.*</td>
</tr>
</tbody>
</table>
THINK AGAIN

Use goals you’d like to meet or challenges you’ve faced as feedback to help you move forward, rather than being stalled.

**OLD THOUGHT**
“I barely went to the gym this year because it was so far away.”

**NEW THOUGHT**
“I need something more convenient. I’m going to wake up 30 minutes earlier three days a week and walk around the neighborhood.”

**OLD THOUGHT**
“Another year and I’m still not at my weight goal.”

**NEW THOUGHT**
“I weigh less than I did a year ago, and I picked up a few new healthy lifestyle tricks that will help keep me on track.”

**OLD THOUGHT**
“The only physical activity I can manage to fit in is taking the stairs at work.”

**NEW THOUGHT**
“Now that I take the stairs at work regularly, maybe I’ll get off the bus a stop earlier and get in more steps daily!”

**OLD THOUGHT**
“I tried making more veggie-centric meals, but my family rebelled. Guess I lost that battle.”

**NEW THOUGHT**
“I want my family to eat as healthy as I do. I’ll print out a few Weight Watchers® recipes and have them vote on ones to try.”

---

**IN THE PAST YEAR I’VE BECOME A RUNNER, STOPPED SNORING AT NIGHT, AM ABLE TO WEAR NECKLACES WITHOUT CHOKING MYSELF, HAVE SO MUCH MORE ENERGY, AND FEEL SO MUCH MORE PREPARED TO TAKE ON MY STRESSFUL NEW JOB.**

—MALMORGAN

**I’VE LEARNED MANY LESSONS DURING THE COURSE OF A DECADE. REFLECTING ON THOSE EXPERIENCES HAS DRAMATICALLY IMPACTED MY LIFE.**

—ALMONTEDWIN

**I’VE LEARNED MANY LESSONS DURING THE COURSE OF A DECADE. REFLECTING ON THOSE EXPERIENCES HAS DRAMATICALLY IMPACTED MY LIFE.**

—MALMORGAN

**I’VE LEARNED MANY LESSONS DURING THE COURSE OF A DECADE. REFLECTING ON THOSE EXPERIENCES HAS DRAMATICALLY IMPACTED MY LIFE.**

—ALMONTEDWIN

**WHEN I JOINED WW, IT WAS ALL ABOUT THE WEIGHT. BUT OVER TIME I REALIZED IT’S NOT ABOUT WHAT I LOST, IT’S WHAT I GAINED: POSITIVITY, CAPABILITY, PERSEVERANCE. DON’T QUIT.**

SONYA

**TO DO THIS WEEK**

• Use the techniques on page 3 to set new goals for 2017.

*Posted on Connect on the mobile app (for subscribers).*
This flavorful stew is a Middle Eastern dish often served for breakfast.

3 SmartPoints® VALUE PER SERVING // PREP 20 MIN //
COOK 30 MIN // SERVES 6

3 cloves garlic, chopped
½ onion, diced
1 Tbsp olive oil
1½ tsp ground cumin
1 cup fresh mushrooms, chopped
3 cups fresh baby spinach
28 oz canned diced tomatoes
2 Tbsp canned tomato paste
1 tsp hot pepper sauce
½ tsp table salt
6 large eggs
1 Tbsp chopped fresh parsley

In a large skillet, over medium heat, sauté garlic and onion in oil until soft. Add cumin and mushrooms; cook, stirring often, until the mushrooms brown, 3-5 minutes. Add spinach; cook just until wilted. Stir in tomatoes, tomato paste, and hot sauce; bring the mixture to a simmer and season with salt. Crack an egg into a bowl and gently slide into skillet. Do this 5 more times, leaving space between each egg so they remain separate. Cover skillet and reduce heat to low; simmer until eggs are just set, 12-15 minutes. Remove from heat; garnish with parsley.

• Yields 1 egg and ⅔ cup sauce per serving.