EMBRACE OPTIMISM

Look on the bright side—and help boost your success!
Optimism is one of the best-kept secrets to success. Do you tend to see the proverbial glass as half-empty? If so, maybe it’s time to shift perspective. Looking at the bright side of even disappointing situations (missed every workout this week? Finished the entire bag of chips?) can put you in a positive power position to make your next move a smarter, more helpful one. Sure, you finished the bag of chips, but now they’re gone and you can plan to avoid it happening next time. For instance, you can eat before you grocery shop so you’re more likely to make a plan-wise choice, or choose a different snack.

Here’s why it works Giving yourself credit for what went right, rather than feeling guilt or shame over what went wrong, can keep your motivation, and your hopes, up. Research shows that people who tried optimism exercises daily for three weeks reported feeling more engaged in life and less prone to unhelpful or distorted thinking. And in case your reaction is, “that won’t work for me,” people who started out more pessimistic actually had even better results, and showed fewer depressive symptoms afterward!

1. Tap into your inner positivity by listing three things that make you feel good about your life.
   A. ____________________
   B. ____________________
   C. ____________________

2. Now that you’re in a silver-lining frame of mind, write down a recent unhappy event. (Example: You didn’t get that job.) ____________________

3. Take that event and find the good in it. (Example: You have more time to look for a job closer to home.) ____________________

This exercise is adapted from “Finding Silver Linings” from Greater Good in Action, ggia.berkeley.edu

WHAT TO DO: TUNE UP YOUR OPTIMISM

DO OUR SUMMER TRY-A-THON!
Try something new each week—and if you come to your meeting for 11 out of the 13 weeks of summer, you’ll get an award! See your Meeting Room team for info.

THINK AGAIN
How you think impacts how you feel, which in turn affects what you do. Aim to make decisions from a positive point of view.

OLD THOUGHT
“I’ll miss my workout because of my early-morning meeting. Guess today’s a wash.”

NEW THOUGHT
“I know I’ll miss my morning workout, but I can sneak in a quick walk at lunch to stay energized.”

OLD THOUGHT
“There’s no way I can track the ingredients in this restaurant dish.”

NEW THOUGHT
“I’ll snap a pic of my meal and make my best SmartPoints® guesstimate when I get home, using the restaurant listings in the Tracker.”

OLD THOUGHT
“I’m up a pound this week. Ugh. I’m never going to reach my goal.”

NEW THOUGHT
“The scale isn’t the only measure of success—and look how far I’ve come since I’ve joined.”

OLD THOUGHT
“Up 1 lb from last week. I’ll keep doing what I’m doing, and hopefully the scales will move down next week.”

NEW THOUGHT
“I’ll snap a pic of my meal and make my best SmartPoints® guesstimate when I get home, using the restaurant listings in the Tracker.”

TO DO THIS WEEK
• If something doesn’t go the way you wanted it to, balance your reaction by trying to find the silver lining in it.

• What I want to accomplish this week:
  ________________________________________________________________
  ________________________________________________________________

For more on harnessing the power of optimism, see “Weekly Extra” in this week’s e-newsletter (for subscribers) or go to weightwatchers.com/weeklyextra

*Posted on Connect on the mobile app (for subscribers).
**GINGERY BEEF AND MUSHROOM LETTUCE WRAPS**

**Perfect for a summer weeknight!**

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

- 1 lb lean ground beef (7% fat or less)
- 1 cup thinly sliced onion
- 2 Tbsp minced peeled fresh ginger
- 2 garlic cloves, minced
- 2 cups thinly sliced bok choy
- 3 Tbsp reduced-sodium soy sauce
- 8 large Bibb or leaf lettuce leaves
- ¼ cup thinly sliced fresh mint leaves
- Lime wedges

Spray large skillet with nonstick spray and set over medium-high heat. Add beef, onion, ginger, and garlic and cook, breaking beef apart with wooden spoon, until browned, 5–7 minutes.

- Add bok choy, mushrooms, bell pepper, and soy sauce and cook, stirring occasionally, until bok choy is wilted and bell pepper is crisp-tender, about 3 minutes. Spoon about ½ cup beef mixture into each lettuce leaf. Sprinkle with mint and serve with lime wedges.

Yields: 2 lettuce wraps per serving.

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**THOUGHTS ON MY MEETING...**

GREAT STUFF I HEARD.... HELPFUL TIPS... WHATEVER!

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**THE JOURNEY IS EVEN BETTER WHEN YOU TAKE IT TOGETHER.**

Invite a friend to join Weight Watchers® for a chance to win a 5-day retreat and MEET OPRAH!

Ask your Leader for details.

NO PURCHASE NECESSARY. Open to legal residents of 50 US & DC, who are 21 years of age or older as of date of entry. The Better Together Sweepstakes begins 5/1/16; ends 10/31/16. Sponsored by Weight Watchers North America, Inc. For official rules, free method of entry, and complete details, visit www.weightwatchers.com/oprah-refer-a-friend

*Referred friend must sign up for a Weight Watchers subscription membership.

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**BRIGHT IDEAS!** Bring out inner light and express your creative side with our Live Life Colourfully coloring book and Coloured Pencil Set. Relaxing fun!

Available in participating meeting locations.

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**LET US KNOW**
what you think about the Weekly!
weeklycommunity@weightwatchers.com

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