Hold your motivation close—it can be a weight-loss anchor!
Everyone has a reason for wanting to lose weight. Finding yours can mean delving deep. Go beyond general, negative reasons like “I hate feeling unattractive.” Get to the heart of your motivation: “I want to get off my blood pressure meds,” or “I want to be as physically active as I was in college.” Sometimes a “why” can also be a “who”—as in, “I want to lose weight so I can play and be silly with my 2-year-old.”

**How it helps:** A specific, realistic “why” gives you something concrete to anchor you. Your “why” gives you something to focus on when life gets challenging, or you hit a weight-loss plateau, and you’re tempted to let your new healthy habits slide. Keep your “why” close, and remember what brought you to Weight Watchers® in the first place. You can track your personal motivation and stay connected to your “why” in My Success Story. (And remember, over time, your motivation might evolve as you lose weight or make other changes.)

**WHAT TO DO:**
**FIND YOUR ANCHOR**
Get to the heart of your weight-loss journey in three simple steps.

**STEP 1** Answer this question super-quick: Why do you want to lose weight? (e.g., “I’m tired of not fitting into clothes.”)

**STEP 2** Go into detail: What does that look like to you? How would your life be different? (e.g., “I could wear shorter dresses and skinny jeans.”)

**STEP 3** Make it yours: Using your answers from Steps 1 and 2, ask yourself again, “Why do I want to lose weight?” Take your time, then frame your answer in a specific, personal way. (e.g., “I want to fit into clothes that I love and feel comfortable in what I’m wearing.”)

Let those smiling faces inspire you!
THINK AGAIN
Why-I-want-to-lose reasons are most powerful and effective when they’re personal, specific, and realistic. Here’s how to get to motivation that helps get you where you want to be.

UNHELPFUL
“I want to lose some baby weight.”

HELPFUL
“I want to fit into the jeans that I wore before I had my baby.”

UNHELPFUL
“I want to look fit and trim, like all the celebrities we’re constantly exposed to in the media.”

HELPFUL
“Celebrities spend lots of time and money on their appearances. And everyone’s body is different. I want to look my best—that’ll make me feel proud and powerful.”

YOUR TURN! What unhelpful thought about motivation have you had? Write it down here. Give it a reality check. Now, what is your helpful thought? Write it here. For more info, check out pages 2-3 in your Shift Your Mindset guide.

UNHELPFUL

HELPFUL

I WORK FOR A SOCIAL SERVIE NONPROFIT AND SERVE PEOPLE OF ALL ABILITIES. I WANT TO BE STRONG AND HEALTHY TO KEEP WORKING HARD FOR THESE INCREDIBLE PEOPLE. —SARAREED718*

I NEED TO BE THE MOMMA THAT CAN CRAWL ALL OVER THE FLOOR WITH MY GIRLS, CHASE THEM AROUND THE BACKYARD, PLAY IN THE PLAYGROUND, AND PASS ALONG HEALTHY EATING HABITS. —MAKENNZIE*

I want to be able to walk past a mirror and not instinctively look away! —NHEARDS*

*Posted on Connect on the mobile app (for subscribers).
ROAST PORK TENDERLOIN WITH POMEGRANATE SAUCE

A tart-sweet pomegranate sauce adds rich, fruity flavor to roast pork.

3 SmartPoints® VALUE PER SERVING // PREP 20 MIN // COOK 25 MIN // SERVES 12

4 tsp olive oil
1½ tsp table salt
1 tsp freshly ground black pepper
½ tsp curry powder
3 lb lean pork tenderloin
2 Tbsp fat-free chicken broth
1 Tbsp dry sherry
¼ cup pomegranate molasses
1 Tbsp Dijon mustard
1½ tsp balsamic vinegar
1 pomegranate, seeded (about 9 oz; yields ¾ cup seeds)
2 Tbsp chopped fresh parsley

Put a 10-inch cast-iron skillet in oven. Preheat oven to 450°F. • Combine oil, salt, pepper, and curry powder in a small bowl. Dry pork with paper towels; rub curry mixture all over tenderloin and transfer to skillet; roast 10 minutes. • Carefully turn pork over using spatula and fork; bottom will be seared and browned. Reduce oven temperature to 400°F; roast 10-15 minutes until pork reaches internal temperature of 145°F to 160°F. Transfer pork to a platter to rest at least 3 minutes; place skillet on a cold stovetop burner. • Add broth and sherry to skillet; stir to loosen pan drippings. Stir in molasses, mustard, and vinegar until warmed through. • Slice pork into ½- to ¾-inch-thick slices. Stir any pork juices on platter into sauce. Spoon sauce over pork; sprinkle with pomegranate seeds and parsley. Yields 3 oz pork, 1 Tbsp pomegranate seeds, and 2 tsp sauce per serving.