THINK. FEEL. DO.

Your thoughts are powerful. Get to know them better—and make them work for you.
**What happens:** An event kicks off a chain reaction: In response, you have a thought, which determines how you feel. How you feel then determines what you do. Let’s say you oversleep one morning and can’t take your morning walk. You could think, “Ugh, I overslept. No walk today.” You could feel defeated and that the day is shot—why try to do any extra activity? Or you could think, “I’ll walk during my lunch hour,” which helps you feel energized and purposeful; you then stride around your office park.

**How identifying thinking styles helps:** You’ll be able to change unhelpful thoughts (and therefore feelings and actions). And that helps direct your actions in a more positive, productive direction. Any time you find yourself dealing with “mind trash,” take a moment to kick the negative self-talk, do a reality check, and shift your thinking in a helpful direction instead.

**What to do:** What’s your thinking style?

**Take our quiz to learn common—and not-so-helpful—ways of thinking. Do any hold true for you?**

1. **You ate a healthy, low SmartPoints® breakfast and lunch. Then a coworker gives you a slice of cake. You eat it all. Afterward, your first thought is:**
   - A “There goes my hard work this morning. I might as well stop tracking today.”
   - B “I can’t say no to cake. I’m never going to be able to follow an eating plan.”
   - C “Ugh. I can’t believe I ate that cake. I don’t even care about my healthy breakfast and lunch now.”
   - D “That icing was delicious. Tomorrow, if someone offers me a treat, I’ll just say no.”

   **If you answered...**
   - MOSTLY A: Your thinking style is: **All or None.** Things are black or white, good or bad. If you’re not perfect, you’re a failure.
   - MOSTLY B: Your thinking style is: **Overgeneralization.** If something bad happens once, you expect it to happen over and over again.
   - MOSTLY C: Your thinking style is: **Negative Lens.** You dwell on a single negative detail so it colors the rest of the experience, darkening all of the positives.
   - MOSTLY D: Your thinking style is: **Don’t Worry, Be Happy.** You’re overly optimistic that things will get better—without any plan for how to do it.

2. **You planned to walk with a friend this afternoon—but now it’s raining. What are you thinking?**
   - A “I give up. No activity for me today.”
   - B “It always rains when I want to go walking! At this rate, I’ll never be able to exercise outside.”
   - C “I took the stairs instead of the elevator today—but it’s wasted effort if I can’t get my walk in, too.”
   - D “Maybe I’ll find another way to exercise later.”

   **If you answered...**
   - MOSTLY A: Your thinking style is: **All or None.** Things are black or white, good or bad. If you’re not perfect, you’re a failure.
   - MOSTLY B: Your thinking style is: **Overgeneralization.** If something bad happens once, you expect it to happen over and over again.
   - MOSTLY C: Your thinking style is: **Negative Lens.** You dwell on a single negative detail so it colors the rest of the experience, darkening all of the positives.
   - MOSTLY D: Your thinking style is: **Don’t Worry, Be Happy.** You’re overly optimistic that things will get better—without any plan for how to do it.

3. **You just finished tracking for the day—and you’re 10 SmartPoints over your daily Budget. You think:**
   - A “I’ve blown the whole week! I can’t do this.”
   - B “Ugh, 10 SmartPoints. I’m terrible at meal planning. I haven’t learned anything.”
   - C “There goes all the progress I made at my exercise class today.”
   - D “Oh well, I’ll make sure I don’t go over tomorrow.”

   **If you answered...**
   - MOSTLY A: Your thinking style is: **All or None.** Things are black or white, good or bad. If you’re not perfect, you’re a failure.
   - MOSTLY B: Your thinking style is: **Overgeneralization.** If something bad happens once, you expect it to happen over and over again.
   - MOSTLY C: Your thinking style is: **Negative Lens.** You dwell on a single negative detail so it colors the rest of the experience, darkening all of the positives.
   - MOSTLY D: Your thinking style is: **Don’t Worry, Be Happy.** You’re overly optimistic that things will get better—without any plan for how to do it.

Now, see helpful thinking in action! Turn the page.
THINK AGAIN
Approach situations with a realistic, flexible attitude and it can be easier to stick to your plan—even with setbacks.

UNHELPFUL
“I just devoured that slice of office birthday cake. I might as well stop tracking today.” (All or None)

HELPFUL
“That cake was really delicious. Totally worth the SmartPoints. Now I need to track it.”

UNHELPFUL
“Why does it always rain when I want to go walking? At this rate, I’ll never get any exercise.” (Overgeneralization)

HELPFUL
“Rain won’t stop me from doing an activity inside. I’ll check if there’s a yoga class I can do instead.”

UNHELPFUL
“Oh, man, I ended up 10 SmartPoints over for the day. There goes all the progress I made this week.” (Negative Lens)

HELPFUL
“That cake was really delicious. Totally worth the SmartPoints. Now I need to track it.”

UNHELPFUL
“I should have walked more today. Oh well, there’s always tomorrow!” (Don’t Worry, Be Happy)

HELPFUL
“If I pack tomorrow’s lunch tonight, I’ll have time in the morning for a quick walk.”

WHEN THE SCALE DOESN’T REFLECT WHAT YOU’RE HOPING FOR, DO A REALITY CHECK: THINK OF HOW FAR YOU’VE COME, THE GOOD CHOICES YOU’VE MADE, AND THAT THIS IS FOR THE LONG TERM!

I WAS TEMPTED TO NOT DO MY AFTERNOON WORKOUT ON ACCOUNT OF STRESS. INSTEAD I CHANGED MY MINDSET AND CHOSE TO VIEW MY WORKOUT AS A STRESS ANTIDOTE! —DANCERGRRRL

IT STARTED WITH LITTLE SNACKS AT MY SON’S TRACK MEET. THEN THE NEGATIVE SELF TALK: “WELL, YOU’VE ALREADY BLOWN IT, SO YOU MIGHT AS WELL KEEP EATING.” BUT THIS MORNING I STOPPED IT IN ITS TRACKS. VICTORY IS MINE! —PAXYLOU

Starting today with a positive attitude. Taking a walk on my break. —SARAHBTX12

TO DO THIS WEEK
• Take the quiz on pp. 2–3. See if you identify with one or more of the thinking styles—and prime yourself next time to catch an unhelpful thought you want to change to a helpful one.

PAM

How are you #ThinkingSmart?
Share on Connect on the mobile app (for subscribers).

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In a large skillet, heat butter and oil over medium heat. Add onion; cook, stirring occasionally, until it starts to caramelize, about 8 to 10 minutes. Remove onion to a large mixing bowl and add beef, egg, parsley (or Italian seasoning), salt, and red pepper flakes; mix well to combine. With damp hands, roll forty-eight ½-inch meatballs.

• Place same skillet over medium-low heat. Add meatballs, broth, and wine; simmer until cooked through, turning meatballs once during cooking, about 20 minutes. Yields 4 meatballs per serving.