

A high-angle, forward-looking view from the deck of a sailboat. The boat's white hull and metal railings lead the eye towards the mast and the ocean. A large white sail is partially visible, with a prominent dark blue stripe along its edge. The sea is a vibrant blue with gentle ripples, and the sky is a clear, bright blue with a few wispy white clouds. The overall mood is one of calm and steady progress.

weightwatchers
Weekly

May 7-13, 2017

*Stay
on
Course!*

“Lapses” happen—it’s not if, but when.
What’s important is what you do afterward.

Stay on Course!

It happens to all of us at some point: a slip, a setback—even more than one. Maybe you're tracking less, or you haven't worked out in weeks. And maybe you've gained weight, maybe you haven't. The important thing is that you



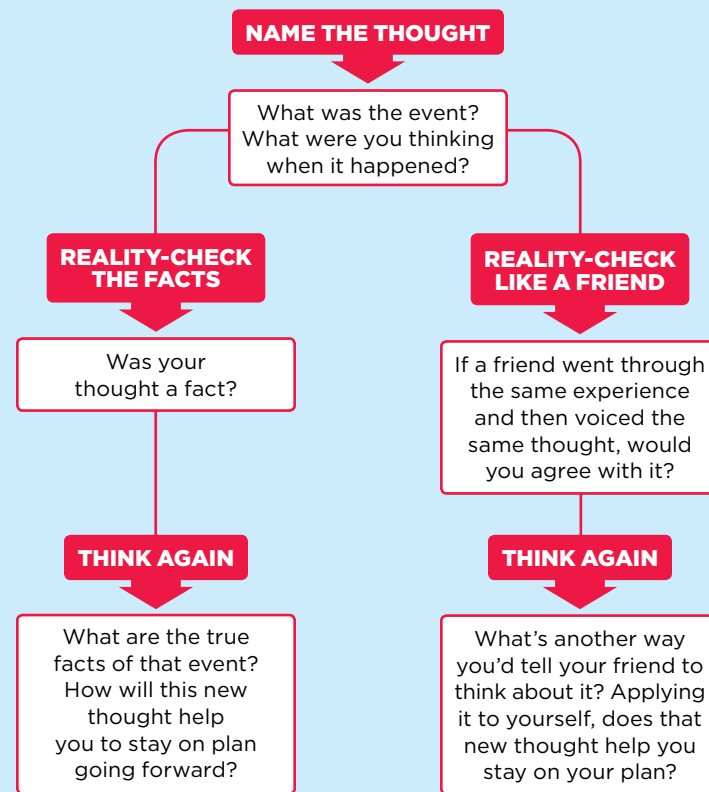
get back on track at your next meal or opportunity. So forgive yourself for that slip, and keep going!

How it helps: It's worth repeating: Setbacks happen to everyone; they're part of life. Don't expect to be perfect—and don't throw in the towel and berate yourself when you think you've failed. That can trigger unhelpful thoughts, which lead to negative feelings, which can in turn lead to further slips. And it can become a cycle, rather than a one-time event. Besides, you *didn't* fail: Everyone slides a bit at some time; it's not a matter of if, but when. Recognize that it's simply part of the process. What matters most is what you do after the setback—and how you set yourself up for success.

Cover photo by Stocksy. Photo at left by Thinkstock.

WHAT TO DO: REALITY-CHECK A SLIP

After you've gone off track, put it into perspective by focusing on what you **Think**, **Feel**, and **Do**. What thoughts went through your mind after the slip? Then use **Facts** and/or **Friends** techniques to work through the slip: Name Your Thoughts, Reality-Check them, and Think Again.



THIS WEEK'S FOLLOW-UP

Identify any slips that got you off track, and use this flow chart to Name the Thought. Then do a Reality Check with **Facts** and/or **Friends** to Think Again, and create a new thought that reconnects you to your plan?



THINK AGAIN

You've heard it before: progress, not perfection. One slip does not mean it's game over. Helpful thinking can help you stay on course.

UNHELPFUL

"I was too tired for yoga today so I went straight home instead. I feel like a failure."



HELPFUL

"Yes, today I skipped yoga, but it just means one missed class. I'll go tomorrow and pick up where I left off."

UNHELPFUL

"I ate a big lunch out two days in a row instead of the plan-friendly meals I prepared at home. I'll get back on track soon."



HELPFUL

"Eating big lunches out so often won't help me reach my goals. To make it easier to stay on track, I'll go back to bringing my own lunch to work four days this week."

YOUR TURN! What **unhelpful** thought have you had recently when you had a lapse? Write it here. Give it a reality check, then write your **helpful** thought here.

UNHELPFUL



HELPFUL

INSPIRATION FROM OUR COMMUNITY!



"YOUR STUMBLES ARE THERE TO REMIND YOU THAT THIS IS THE LONG-HAUL JOURNEY."

—OPRAH

"Fell off the wagon visiting family. Back home now, got my groceries on deck, and a plan for recovery."

—TIPPTIPP37*



"I PUT LIKELY 'SLIP' DATES ON MY CALENDAR (BIRTHDAY, GIRLS' WEEKEND, ETC.)—AND I WRITE IN MY 'BACK-ON-PLAN' DATES, TOO!"

JORI

"Today is a new day. I tracked everything from yesterday and hit the reset button. I've got this."

—CMCKAY73*

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



How do you **#StayOnCourse**?
Share on Connect on the mobile app (for subscribers).



From weightwatchers.com



[FRESH SIDE]

MANGO-AVOCADO SALSA

Serve with chicken or fish kebabs.

1 SmartPoints® VALUE PER SERVING // PREP 12 MIN //
REST 15 MIN // SERVES 12

- | | |
|---|---|
| 1 large Hass avocado, peeled, pitted, and diced | 2 Tbsp finely chopped red onion |
| 1 large mango, peeled, pitted, and diced | 2 Tbsp fresh lime juice |
| 1 large beefsteak tomato, chopped | 2 tsp chopped fresh cilantro, or to taste |
| | 1 pinch table salt |

Combine all ingredients in a medium bowl; let rest for 15 minutes for best results. • Yields ¼ cup per serving.

Recipe © Weight Watchers International, Inc. All rights reserved. Photo by Con Poulos.



Smart Ones

DELICIOUS MEXICAN FLAVORS

Santa Fe Rice & Beans

spicy rice & beans with a zesty green chile & sour cream sauce, topped with part-skim mozzarella cheese

11g of protein

260 calories | 6g fat | 6g fiber | 11g protein



SAVOR YOUR JOURNEY

Smart Ones® offers great-tasting snacks and meals to help you reach your goals, so you can enjoy your journey as much as the destination.

Smart Ones®

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