

weightwatchers
weekly

August 20-26, 2017



Get
HAPPY!

Boost your everyday joy—
it can help you live healthier and lose weight.

Get HAPPY!

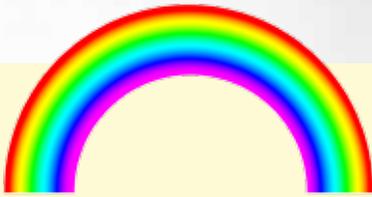
Joyful. Light-hearted. Content. Upbeat. There are lots of ways to describe happiness. And who wouldn't want to live in this state of mind? When we're happy, tasks seem easier, the day seems brighter, our loved ones seem dearer—it's all good. What's even better, though, is that happiness affects not only how we feel, but what we do! Studies have shown that happier people tend to make healthier choices: They have more energy, enjoy richer social lives—and take better care of their health. The happier you are, the more likely you are to take good-for-you actions like moving more, getting enough sleep, and

eating nutritious food. How can you “get happy”?

Happy is as happy does.

Although about half of our tendency toward happiness is genetic (and another 10 percent comes from our life situations), 40 percent is determined by what we do. You can choose to do things that you enjoy and that make you happy. Small things can make a big difference—even something as simple as how beautiful the sky looked when you walked outside can do it. Studies show that by listing and reflecting on positive things that happen during your day, you can greatly increase your happiness!

WHAT TO DO: 3 GOOD THINGS



In addition to choosing to do things that make you happy, try taking just five minutes to notice, savor, and record everyday goodness and beauty. It can transform your outlook! (The key is to write down the little things—don't just keep them in your head.)

 **Think about three good things** that happened in the last 24 hours—the smell of coffee brewing in the morning, a smile from a baby, a compliment at work....

 **Write each one down,** with as much detail as you can—who said what, where it happened, what time of day, what you were wearing, etc. That helps anchor the event in your mind. (And don't worry about grammar, or style—the important thing is to record it!)

 **Note how you felt** during the event, and afterward as you remember it.

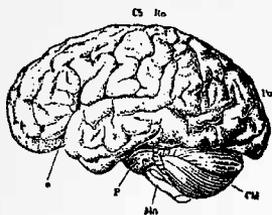
1. _____

2. _____

3. _____

FOLLOW UP

Pick three days this week to think about and list three good things, using this worksheet as a guide. Jot them in a way that works for you, such as in the Notes app on your phone or by sending yourself an email or text.



THINK AGAIN

It can be hard to accept that cultivating happiness is valid and important to your well-being. These examples show how you might shift your mindset.

UNHELPFUL

“Will doing all of these little things to increase my happiness really make a difference?”



HELPFUL

“Science shows that my happiness comes in part from what I do and that happier people make healthier choices. I want to be healthier—so I’ll work on boosting my happiness.”

UNHELPFUL

“There’s no way three good things happen to me in a week, let alone in a day!”



HELPFUL

“I’m going to try this for a week and see what happens. These might not be life-changing events, but noticing little things that I can be grateful for can help me become a happier person.”

YOUR TURN! What **unhelpful** thought have you had about taking time for fun? Write it here. Give it a reality check, then write your **helpful** thought here.

UNHELPFUL



HELPFUL

TAKE 5 & GET **HAPPY!**



- Think of **3 GOOD THINGS** that happened to you in the last 24 hours.

- Write down the **DETAILS**
 - what was said?
 - where did it happen?
 - what time of day?
 - what were you wearing?

- How did you **FEEL...**
 - during the event?
 - afterward?



**FAST
& EASY**

From weightwatchers.com

[FUN FARE]

MAHI MAHI SOFT TACOS

Bright hues + tropical flavors = party!

6 SmartPoints® VALUE PER SERVING //

PREP 12 MIN // COOK 13 MIN // SERVES 4

- | | |
|---|-----------------------------------|
| ½ tsp table salt, or to taste | ¼ cup minced fresh cilantro |
| 1 lb mahi mahi fillets, rinsed and patted dry | 2 cups chopped lettuce |
| 1½ Tbsp finely minced fresh ginger root | ½ cup peach salsa, or mango salsa |
| ⅓ cup fresh lime juice | 8 small corn tortillas |
| ½ Tbsp packed dark brown sugar | 1 fresh lime, cut into 4 wedges |
| 2 Tbsp finely minced scallions | |

Rub salt into fish; set aside. • In a glass or ceramic baking dish, combine ginger, lime juice, sugar, scallions, and cilantro; mix well. Add fish; turn to coat. Cover fish and marinate in refrigerator for 20 to 30 minutes. • Preheat broiler to high. (If desired, line a broiler pan with aluminum foil for easy clean up.) • Remove fish from marinade and place on broiler pan; brush with marinade. Broil for 6 minutes; flip fish and brush with marinade again. Cook until fish is no longer translucent, about 5 to 7 minutes more depending on thickness of fish. Remove fish immediately; cut into 8 large pieces. • Divide fish, lettuce, and salsa among tortillas; fold in half and serve with lime. Yields 2 tacos per serving.

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NEW!



Perfect Sweetness
for
sweet success

- ✓ Zero Calories
- ✓ Certified Organic
- ✓ Delicious, clean sweet taste
- ✓ Sweetness from Mother Nature's Stevia Leaves



zingstevia.com