

weightwatchers

weekly

October 1-7, 2017

A photograph of two women jogging on a wooden boardwalk. The woman on the left is wearing a blue and grey tank top and black leggings. The woman on the right is wearing a blue t-shirt and black leggings. They are both smiling and appear to be in good spirits. The background shows a lush green forest.

What's Your "WHY"?

What keeps you going? Knowing your motivation for losing weight can help you reach your goals.

What's Your "WHY"?

What is your "why"?

It's probably more than just a number: "I want to lose 25 lbs" or "I want to go down a few sizes." It's about positive intention—what do you intend to do; how do you intend to live? (If you're a subscriber, see Oprah's video, "[Intention Is Your Compass](#)," in Living on [weightwatchers.com](#).) To find your "why," go deep, to the heart of your motivation for living a healthier life. The number on the scale isn't as important as what losing weight can bring you—that's your "why"!

How it helps: The more specific and detailed—even visual—your "why" is, the more powerful it can be. For instance, rather than "I want to be healthy," you might say, "I want to climb stairs without getting winded." Maybe a photo or image that illustrates the

benefits of your new healthy life can inspire you. Or maybe you find inspiration from loved ones: "I want to be a full and healthy partner to my wife" or "I want to dance at my granddaughter's wedding."

LIVE INSPIRED. FIGHT TOGETHER.

October 1 marks the beginning of National Breast Cancer Awareness Month. Join the WW community to support **Project L.I.F.T.—Live Inspired. Fight Together.**—our collaboration with the American Cancer Society to inspire and guide survivors struggling with weight gain post-treatment. To walk with Weight Watchers® at Making Strides events and help contribute toward our fundraising goal of \$100K, visit [MakingStridesWalk.org/weightwatchers](#). To learn more and to find out where to purchase limited edition Project L.I.F.T. products, visit [weightwatchers.com/us/projectlift](#).*

*The American Cancer Society does not endorse any product or service. All profits from product sales go to the American Cancer Society to help save lives from breast cancer.



Cover photo by iStock. Photo at right by Thinkstock.



WHAT TO DO: DEFINE YOUR "WHY"

This quick and simple exercise can help you get to the heart of your intention to lose weight and reach other healthy goals.

1 Answer quickly: **Why do you want to lose weight?** (e.g., "I want to fit into new clothes.")

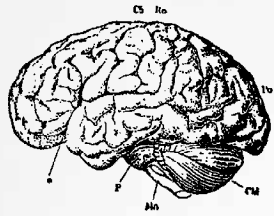
2 Go into detail: **What does that look like to you? What would be different?** (e.g., "I could wear different clothes and feel confident about my appearance.")

3 Now make it yours! Answer again: **Why do you want to lose weight?** Take your time, then frame your answer in a specific, personal way. (For example, leeseysparkles says on Connect: "I want to have the power and freedom to shop for an outfit at any clothing store.")

Want some inspiration? See what's motivating other members; check out #100daysofwhy on Connect in the app.

FOLLOW UP

Define your "why" by answering the questions above.



THINK AGAIN

Setting specific intentions can help keep you motivated today and every day.

UNHELPFUL

“Life is so crazy that it’s hard to stay focused on my goals right now. Everything feels like a challenge.”



HELPFUL

“It’s hard to stay focused on my goals when life gets in the way, but reminding myself of why I’m here will help keep me motivated to continue.”

UNHELPFUL

“My ‘why’ is to get fit.”



HELPFUL

“My ‘why’ is to get fit so I can take hikes with my husband at sunrise—and have more energy. I’ll use my *Weekly* to help remind me of that goal.”

YOUR TURN! What **unhelpful** thought have you had about being (and staying) motivated? Write it here. Give it a reality check, then write your **helpful** thought here.

UNHELPFUL



HELPFUL

INSPIRATION FROM OUR COMMUNITY!



“I DO NOTHING WITHOUT THINKING FIRST, CONSCIOUSLY, ‘WHY AM I DOING THAT?’” —OPRAH

“I want to feel comfortable in shorts. I haven’t worn them in over a decade. Would like to.”
—JBECKER818



“MY MOTIVATION TO KEEP WEIGHT OFF? I WANT TO BE ABLE TO CONTINUE TO LIVE AN ACTIVE LIFE—I LOVE HIKING AND RUNNING HALF MARATHONS!”
—CONNIE

“I want four sweet kiddos to have their crazy Aunt Lizzie for a long, long time.” —LHAMILTON217

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



Tell us! **#whatsyourwhy?** Share on Connect.

From weightwatchers.com

[LIGHT ENTRÉE]

SPICY THAI PORK SALAD

Swap in lean ground chicken if you like.

2 SmartPoints® VALUE PER SERVING // PREP 18 MIN //
COOK 7 MIN // SERVES 4

- | | |
|---|--|
| 1 lb 96% lean ground pork | 1 tsp hot Asian-style chili sauce, or to taste |
| 4 medium shallots, peeled, halved, and sliced ¼-inch thick, divided | ¼ cup coarsely chopped fresh mint leaves |
| 2 Tbsp fresh lime juice, divided | ¼ cup coarsely chopped fresh cilantro leaves |
| 2 medium scallions, sliced | 8 Boston lettuce leaves |
| 1 Tbsp Asian fish sauce | 1 kirby cucumber, thinly sliced |

Heat large nonstick skillet over medium-high heat. Cook pork, ¼ of the shallots, and 1 tablespoon lime juice, stirring with a wooden spoon to break up pork as it cooks, until pork is no longer pink, about 6 to 7 minutes.

- In a large bowl, combine remaining shallots, lime juice, scallions, fish sauce, chili sauce, mint, and cilantro; add pork mixture and toss well to coat.
- To serve, divide lettuce leaves among 4 plates; divide pork mixture and cucumber evenly atop leaves. Yields 2 filled leaves per serving.

Recipe © Weight Watchers International, Inc.
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Stock up on delicious savings



Find out where to buy your favorite products at www.weightwatchers.com/productlocator