



Fan favourites

Talk to yourself like a friend

You have a setback and you beat yourself up over it. Your friend has a setback and you immediately build her back up to keep going. Why the change? Studies say that showing ourselves a little compassion—just like we would to that friend—actually helps us respond to obstacles in ways that help us reach our goals. Because at the end of the day, we're all human and life happens. By treating ourselves with kindness and patience instead of judgment and criticism, we're able to create real change and try new things.

WHAT TO DO

The next time you're struggling, think of how you'd treat a friend in the same situation.

1

STEP ONE

Your close friend feels down because she ate more—a LOT more—than she planned. What would you say? And what tone would you use?

Example: "You're being crazy hard on yourself. Slip ups are totally normal and you can get back on track tomorrow."

2

STEP TWO

You feel down because you ate more—a LOT more—than you planned. What would you say to yourself? And what tone would you use?

Example: "Ugh! Why can't I ever commit to anything? I'm never going to lose weight—why even try? I've failed, again."

3

STEP 3

Is there a difference between the two? Why? What would change if you talked to yourself like you would a friend? How would that sound?

Example: "It's OK. Things happen and no one is perfect. I'll meal prep tomorrow and find recipes that use ZeroPoint™ foods."



Let us know how you're going to treat yourself like a friend in your Connect Studio group. And come back next week for part four in our Fan favourites series!

**Wellness
that Works.™**

Baked eggs with delicata squash, spinach, and feta

Prep 25 min | Cook 55 min | Serves 6

4 2 2



Nonstick spray

- 855 g (30 oz) chopped frozen spinach, thawed, well drained
- 1 large yellow onion, minced
- 2 medium garlic cloves, minced
- 5 ml (1 tsp) ground cumin
- 1 ml (¼ tsp) salt
- 0.5 ml (½ tsp) black pepper
- 1 pinch cayenne pepper
- 2 medium delicata squash, trimmed, seeded, sliced into 1.25-cm (½-inch)-thick circles
- 15 ml (1 Tbsp) olive oil
- 6 large eggs
- 10 oil-cured olives, chopped
- 30 ml (2 Tbsp) crumbled feta
- 125 ml (½ cup) coarsely chopped flat-leaf parsley

1. Preheat oven to 220°C (425°F). Coat 32.5-by-22-cm (13-by-9-inch) baking dish with nonstick spray.
2. In large bowl, combine spinach, onion, garlic, cumin, salt, black pepper and cayenne; spoon into prepared baking dish in an even layer. Arrange a layer of squash over top and drizzle with oil. Cover with foil; bake until squash is completely tender, about 45 minutes.
3. Remove dish from oven and crack eggs over vegetable mixture, spacing them out

evenly (season with salt and black pepper, if desired). Bake until egg whites just set but yolks are still bright yellow and somewhat runny, 8 to 10 minutes (or longer if desired). Serve sprinkled with olives, feta, and parsley.

SERVING SIZE: 750 ml (3 cups) vegetables and 1 egg



 Vegetarian  Gluten-free