

You're listening to episode 105 of the Devoured Podcast. Welcome to Devoured, the podcast for women ready to release the title of dieter for good. I'm your host, Lucia Hawley, and I'm a certified nutritional therapy practitioner with my masters in social work, clinical mental health. I've lost 80 pounds, and I'm on a mission to get you into the life of your dreams without being the woman who is consumed by diet after diet trying to get there. If you're wanting more in your life and are tired of wondering when or how to make that happen, then this is a podcast for you. You'll learn how to make the radical changes you've only dreamed of 100% possible for you today. I'm so happy you're here. The information provided within this podcast is intended as general education only, and is not to be considered a substitute for professional medical advice, diagnosis, or treatment.

Hello, hello. Happy day to all of you. Thanks for being here and joining me on episode 105. In my head, as we moved towards that 100 number, it felt like the episodes came by so slowly. And now that we're on the other side of it, every time I look to see, okay, what's the next number that I'm going to say when we're recording this episode? Oh, 105. How are we already five episodes in? It's so interesting to me, how a benchmark like that, like 100, it's just another number, same as 97 or 32 or 21. And yet it just has a different energy about it. So I'm feeling that energy. I hope you're feeling it, too. Thanks so much for being here.

Today I wanted to talk about a concept that is building on other concepts that we've chatted about in this show. So before I do that, I just want to say hi, I hope you're doing well. It is a quasi cloudy, quasi sunny day here in Portland, which is so much fun. The last few days, any time I have a spare moment, I've been stealing away from the computer, walking outside and/or sitting, just sitting in the sun. And that sunshine has been one of the biggest medicines I think I have encountered yet. And I knew that by moving to Portland, I would get some sunshine. The summers are pretty hot and dry here, but also I'd get a lot of gray skies. I do not take the sunshine for granted. And as a Minnesotan, I of course have to talk about the weather. If you're from Minnesota, or you have been to Minnesota, just a friendly reminder that all Minnesotans love to, even if they don't actually like to, all Minnesotans love to talk about the weather, and we will always humor a weather conversation.

Anyway, so today I've been thinking a lot about how we can be building upon our success. And that is what weight loss is. Weight loss, all it is is building in different ways of being into your life so that you step off of the dieting all or nothing, black or white, yay foods, nay foods type of thinking. We step away from the dieting cycle of making everything really good or really bad. Either we're being good or we're being bad. We're eating the good foods. We're eating the bad foods. We're not eating any foods or eating all the foods. We step away from that rhetoric. But the only way, and this is a big reminder I want for all of you to hear today, because I know some of you are in Lean and Liberated who listen to the podcast. Some of you are thinking about it. Some of you don't know what that program is. Some of you are newer here. I want all of you, each and every one of you, to hear this.

Success is built. You've got to trust the process and consistency, and leveraging time as your friend instead of time as your enemy is going to be one of the most rewarding ways that you can incorporate weight loss into your life. Now, this is why we have the 24 hour plan in Lean and Liberated. When you join the program, you get a journal. And the expectation is that you complete the journal every single day. And the journal has a mixture of some general future biography working, a space for some free journaling, checking in how you're doing, et cetera. And the bottom of the journal, what I have you do, whether you're filling it out the morning of, or in the evening for your next day, I have you make a 24 hour plan, and you plan for two things.

One, you plan your fasting window, because we incorporate intermittent fasting as a tool, okay? Stick with me. We can get diety with fasting. We don't do that here in Lean and Liberated. And quite frankly, if we do, then you jump on a coaching call with me and we unpack why that happens. So you make your

fasting plan and then you make your plan for your food choices. Now, here's the thing. In Lean and Liberated, I of course, I'm an NTP, a nutritional therapy practitioner, actually a functional nutritional therapy practitioner. I used to do a hands-on evaluation when I was seeing clients one-on-one in person, hence the functional. But as much as you learn in the video modules in class, how blood sugar works, like how blood sugar regulation in your body works, how your digestive system works, how to build a plate, what to be looking for when you're consuming certain foods, how they affect your body and why that matters, right? That's a lot of the tangibles that we learn, because there's a lot of mindset work, as well. Judgment. How the heck do we shift our habits? What are our old habits? What are our new habits?

What's the dieting cycle? We dive into all of that, all that is in the video lectures and the coursework that you're moving through when you join the class. But here's the thing. I don't care what foods you eat, but you need to care about which foods you eat. Because if you are moving towards a goal, in this case, weight loss, we need to understand, A, which foods are coming in, B, why those foods are coming in, C, we need to be able to build your self trust around understanding why you're eating the certain foods you're eating and what your satisfaction is like emotionally, spiritually, and physiologically from those foods.

So here's the thing. When I tell people, I tell people, and I truly believe this, you can eat whatever foods you want and you're going to lose weight. But the thing is, is that we can't have you spin into overwhelm and confusion, because what that feeds into is the dieting cycle. So if you hear, "Oh my God, I can eat all the foods I want," and then you eat two pans of brownies and a couple gallons of ice cream and a bunch of chips, and then maybe a salad or two, but the whole experience is numbed out. The whole experience is this one wild side that you then feel like you have to repent for. That's actually, sometimes for people, that's part of the experience of being quote unquote allowed to eat whatever food they want for the first time. And people think that something has gone wrong, if and when that happens.

Nothing has gone wrong. There are no problems. We simply have data. So when I tell people in the course, and before the course, when I'm on consult calls, when we're chatting on social media, whenever I'm talking about the subject around food, which is now like 24/7, when we're talking about these things, my bigger question is, and like when someone has described to me, they're like, "Oh my God," they're kind of describing this big binge that they feel guilty about, but then they're like not guilty about it, but they are. And then they're trying to explain it away, or they're not trying. All of the mind gunk that comes up, we have to clean that stuff up, not for the sake of being clean and shiny humans. Boring. But because if we actually want to move towards a goal that we're setting for ourselves, in this case, weight loss, we actually have to understand what we've been doing and what we've been thinking about why we're doing it.

That is a very, very radically different experience than getting nondescript calories in, maybe a macro, excuse me, macros breakdown of those calories. That's great. That's a lot of data tracking, too. Awesome, there's a place for that. We don't do that in Lean and Liberated, though, because my number one goal for you is to become intentional about the foods you eat and that you really start to truly embody that you can be intentional around any foods. Let's just give you the education about what foods, all foods, like how your body works, period, with any food, and then how you'd like to choose to feel as you move towards that goal.

So we utilize this thing called the 24 hour plan, and that's where you plan out your meals and your snacks. You plan out whatever the heck you want to eat, because it's your life and it's your journey. And what happens, when people show up to journaling consistently every day and then they follow their plan, and the plan is not some sad, like I'm going to eat one salad and call it good, because then I'm being good. I have you make a plan. And then you rate the plan. Okay, can I stick to this plan? Do I like

this plan? On a scale of zero to 10, could I rate this plan an eight or higher? You set yourself up to succeed every day, and you start to make conscious choices around the foods you're making. This is how we change our lives. And this is how we straight up drop that dieting cycle of starting the new shiny plan, and then we're motivated by the shininess of that plan. Or maybe we feel good, and then we drop some pounds or some weight, or we [inaudible 00:10:02] really quickly.

But then our lives happen, and we don't know how to stick with a diet when we're stressed out. And then so we take a little break on the weekend, but then we start up again Monday, but then the stress doesn't really ever end. And then all of a sudden we're not doing the diet. And then OMG, I'm not doing the diet. Oh my God. I step on the scale. Oh my God, I've gained the weight back and more. There's something wrong with me. I'm broken. Shoot. And then we go on Instagram, and then we find a new diet and we search all the hashtags for it, and we see the before and the afters. And then we try that one out, and then it's the same cycle, right? Different words, same story.

So what we're doing when we start to create intentional plans and we incorporate that beautiful fasting, where we can start to see what thoughts come up for us when we are away from our foods, because that is just as important as the thoughts that come up for us when we are with our foods. They're like two sides of the same coin. We've got to explore both of them. Once we start to build being intentional around our foods, what you're going to find is that that guilt and shame, the blame game that happens with that old play dieting cycle is allowed to melt away. Because if you're consistent with the journaling, there's no reason not to understand what's actually happening. And I think this is such a cool intersection, and I know, because I've been there, too. What this does is that it takes the drama out of our decisions, because we start to see that if we really do want to create this goal of weight loss for ourselves, it actually has to become normalized, and it has to become neutralized in our day to day lives.

Because if we're only trying to lose weight from a place of being motivated, guess what? Motivation is like a spark. It's like the kindling in the fire. It lights up big, real quickly. But if that motivation isn't able to then light up the bigger logs that we put into the fire, if we aren't able to actually start to see what our thoughts are when we take these big, bold actions, and there's nothing wrong with big, bold action. They simply are. And we simply are, too. But if we really don't allow ourselves the time to be with ourselves after the motivation ends, then I think what you're going to find is that we can make almost anything a diet. And I stand really strongly in this, because it's so, I was going to say it's so easy, but truly it's so culturally common that we have to make food, whether it's ice cream or a piece of kale, in our culture, it's so common that we demonize the subject of food, that we make it very, very emotionally triggering to talk about food, to talk about weight loss, to talk about weight gain.

Guess what? If you step on the scale and the scale has gone up, it's not about the scale. The thought that you're thinking, you're not thinking a shitty thought about the scale. You're thinking a shitty thought about yourself. You're being mean to yourself. And so if we don't have the space to really be with that and understand why, why there has been the story that we need to be mean to ourselves, and we step on the scale and the scale has gone up, there's a whole story there. And so if we don't allow the space of to just be with those stories, to see how they are and what we'd like to do with them, we're never actually going to develop a relationship with those stories. It's always going to be this big, scary, overwhelming thing that we can never approach. So by creating a plan and sticking with the plan, your plan could include two gallons of ice cream each night, okay? Maybe that's meeting you exactly where you're at right now. Awesome. And if you stick with the plan that is realistic to you, that you know you can stick to, what you're going to find is that your desires and your needs are going to change over time.

So maybe it was two gallons of ice cream for the first couple of months. And then all of a sudden you were like, "Oh, well, I actually don't want the two gallons." But you can't force that. That just has to come. And that only comes from you being with yourself. So when I talk about building success, this is

what I mean, and this is why I lovingly harp on the journaling and I lovingly harp on showing up consistently and trusting your process, because the only way to know the next step is to be in the process, so that you know when I plant my foot down and I take this next step, I know the direction of the path that I'm going, because we create that success concurrently with the act of building it.

So that end goal of just eat this many calories, which is like, man, I think I need to do another episode on calories at some point, because it's not that cut and dry. We have these things called hormones. We have these things called different levels of activity, depending on the day. For people who are menstruating, we have these things called a menstrual cycle. For people who are not, we have something, or who kind of are, perimenopause or menopause, right? We have all these different scenarios where calories in, calories out are great. Guess what? Calories are simply a unit of energy. If you want to be losing weight, yeah, at the end of the day, you're going to be intaking less energy. But until we manage our minds around those concepts, and all the emotions and thoughts that come up with that, it's not going to be all that helpful to simply focus on the calories, because the calories can't quite meet our emotional needs.

So I want you to be thinking about that this week. Am I building success? And if you're not, I really want you to challenge yourself and start to say, "Okay, what is the habit that I would like to build into my life? And can I break it down into its tiniest form?" You know, if you've been following me here for a while, especially recently, you might've heard that I've been working on this book proposal, and I just submitted it to the editor that I'm working with. I don't actually have, like it's not real yet. It's just me writing it and getting feedback from someone who I'm working with. I just submitted it to the editor. And then I spent more time writing a sample chapter. So this initial chapter, the introduction and chapter one of this book that I'm creating, so that I could also get feedback from the same editor.

So I just submitted that to her on Wednesday, waiting for feedback, and shoot, what an ordeal. It was so amazing. And very much the same process that I teach here, I teach in Lean and Liberated. It's the same process for writing a book proposal, because how we do one thing is how we do anything, and a book, book proposal, writing chapters, those are all goals. So the same way that I step towards those, and I want to have an idea of how that should go, but that idea is probably going to be in opposition to how it actually goes. Being able to see myself through that process, hold space for how I want it to be, how it actually is, the [inaudible 00:17:32] that bridges those two, I think that's what it is to be a human, to be moving towards your goals.

And here's the thing. The goal got accomplished, that phase of it. There's still so many other phases. But I have this writing partner. This is what I wanted to say, is that I have this writing partner who was also at the same stage as I am. So we meet every Friday simply to connect, say hi. She's also a wonderful coach. So we end up coaching each other, just a wee bit, holding space for each other as we're both learning through our individual processes and seeing quite a bit of overlap. And so what we're both touching on, now that we have submitted our work to our editor, is that we're taking these breaks, because our cups, how will they get filled and how they get depleted, that's different in quarantine. It simply is. We both have fewer reserves. So we're really recognizing that the hustle that was required to be submitting and in submission with those different pieces of the book proposal, we're now on the shadow side of that. And we both really recognize that we need to fill up our cups in the ways that we can, given our circumstances, before we take the next step, which is researching agents and starting to draft query letters, really getting curious about our networks, et cetera.

So as my writing partner and I were chatting today, actually, earlier over Zoom, we both recognized that part of our next phase is working in consistent writing time during the weeks. And both of our initial inclination was to schedule in a half hour or an hour a day for writing. And we were talking to each other, and I just had to laugh, because part of what we reflect on so frequently is that what we coach

our clients on, we can have that self awareness in ourselves, right? Like, we have both come into these coaching positions because of our own individual experiences. And then we work with clients, and then we see the clients' process. And then guess what? When you're a coach, you think about your clients all the time. Even if you have great boundaries, you're still, you're in your head, because you love to see how people work and how people function. And you see all these connections all the time, just in how the world works, how humans work, how we say one thing, we do another thing, et cetera.

So, because we both share this level of awareness, we also recognize that it can be easy for us to spot things in our clients that, while we can then spot it in ourselves, it's not always in our best interest to try to fix it for ourselves, but rather that we bring it up and have a verbal conversation with a trusted peer or a coach ourselves. Follow me? So we were chatting today, and we were both like, yeah, 30 minutes, 60 minutes. Those have just been periods of writing time that have come up to us. And I had to laugh, because I realized we were doing the same thing that I see so frequently that so many of us do. We were overshooting. From a loving, wonderful place, we were trying to block out way too much time to be writing every single day, because our capacity for the writing, because of where we are in a pandemic with workloads, with life, with not having had vacations, with just the differentness that is 2020, writing for 30 to 60 minutes a day is like trying to walk into the gym and do a 200 pound back squat your first or second week of being in the gym. Unless you're a trained athlete, that's not what we need to be caring about. We just need to be getting the reps in.

And so what we came to is that we're both going to write for 10 minutes a day. And if that 10 minutes happens early in the morning, fabulous, but we also have game plans. And this was, my writing partner came up with this, which is so cool, we can come up with game plans that if the writing the 10 minutes doesn't happen early in the morning, that there's a plan B and a plan C, because it is much more approachable to try to squeeze a 10 minute segment of dedicated time, very open, aware time of writing, versus try to squeeze in 30 minutes here or there, or 60 minutes here and there.

We had to break it down and make it approachable, because that will actually serve us. If what our goal is, is to have a certain amount of writing time under our belts by the end of the month, think about how much more readily we could stack those 10 minute intervals over the month, where they inherently have more flexibility built in, and they won't tire us out, because we're still novices and we're new, and we're coming to this after a very, like it being in the windfall of a very big project. We're going to be able to stack and have so much more time accrued by the end of the month than if we were trying to, and quite frankly, failing, at plugging in 30 or 60 minute sessions every single day, and those sessions where we're trying to fill them up, but we haven't quite gotten the reps yet where we can truly make full use of the 30 to 60 minutes.

I think of the same thing with running. I actually have a running plan that I'm looking to start, but you all, my back tweaked this week, and the universe is sending me a sign to first slow down before I build it up, which I actually really appreciate, as much as my back hurts. If you're trying to run, and you're planning for a 5K or a 10K or a marathon or half marathon, or what have you, the biggest thing that you can do to factor in your success would be to start with what you could do, that you could be the most consistent at. So it's not about running out of the gate, getting three miles under your belt, and then burning yourself out. That's for your ego. That's for all of our egos. That's what the diets do. Just do it perfectly, okay. Ego stroke.

But that'll burn us out, because our egos weren't here to maintain us. What could maintain us, however, to accomplish our goal, in this case of the weight loss, or the writing, or the running, or the back squat, is showing up consistently, staying humble, and allowing the work and the process to be our progress. And that means creating containers for ourselves, that we can pretty neutrally show up to, so that we're not kicking and screaming about the shitty salad that we're having for dinner, because we're on a goddamn

diet, and we just need to diet down and get through the diet to get to the other side of the diet. No, you make a plan to say, "Aha, I know ahead of time." Guess what?" The people will want to argue, "I don't know what I want to eat tomorrow." Oh my God, you have lived in your body. You can make a best guess. And also, when you decide ahead of time, you're going to know, you're going to know what you want to eat, because you've been thinking about it. Trust me. For any of you who aren't in Lean and Liberated, you don't need to be in the program to try out a 24 hour plan.

Tonight, make a plan. What are you going to eat for breakfast, lunch, and dinner tomorrow? If you'd like some snacks, plan those in, too. Same with your beverages. See what happens if you make a plan and you stick to it. And I tell you, after a week of that, you're going to know ahead of time what you actually want. And you are allowing, this is one of the biggest points, you are allowing yourself to eat what you want in such a way that you are aware, you are present with it. You are intuitively giving yourself what you want at the intersection of also desiring to lose weight. Because I'll tell you, when you feel satisfied and happy from your food choices, it's going to become a hell of a lot easier to eat in such a way that your body feels safe enough to drop the weight.

Same thing with the running. You don't bust out of the gate, running that 10K, to practice for your 10K, or the three miles to practice for the 5K, or even to practice for the 10K, quite frankly. You get out and you start to walk, and then you walk and you jog, and then you walk and you jog and maybe you run, and then you walk some more and then you shuffle jog, and then it's been a month or so of that. And then maybe you start to add in a little bit more of the running, and then over time, gradually, because you're consistently showing up to yourself, you are going to start to see how you can push your body in such a way that you can show up to the same action tomorrow.

That is how you lose weight, is that you're quote unquote pushing yourself by deciding what you're going to eat ahead of time, being present with it, sticking through with your choices, and managing your mind in and when and if, and by the way it will be when, that's not necessarily going to be an if. You can't be a star student. You've had a whole lifetime of the world telling you how you should have problems with your food. When your mind starts to give you drama, first off, this is where you get coaching in Lean and Liberated. And second off, this is the invitation into how we can best support you and you can best support yourself to create changes that work for you in your lifetime. That's how we make anything anti-diet. That's how we make anything intuitive, is that you're creating and you're sustaining being in the intersection of your core values, your goals, your present self, and your needs, and the realities of your situation. That intersection of those four different pieces is wildly, wildly, radically liberating, because we're no longer playing games. We're simply being with ourselves in the present moment and with awareness nourishing ourselves.

And if you're someone who's looking to lose weight, I'll tell you, I'll tell you, that is the way to do it, because that's the way we do that, with compassion. And that means that it's not about our ego or showing up for anyone except ourselves, our deep selves, our whole selves, where you can lose weight without pain and struggle. It doesn't mean it won't be hard, but it also doesn't mean it isn't simple. It just means that you're showing up to yourself with awareness and you're making the choice to do that in such a way that you will continue to do that tomorrow, and the day after, and the day after.

So go ahead and try that out this week. Let me know what you think. I think it's one of the most radically kind things we can do for ourselves. So I hope you all have a great week, and I'll catch you on next week's episode.

Okay, everyone, that's all for this week. Thank you for listening to this full podcast episode. If you want more of this information every day, instead of just one podcast episode each week, consider coming over to Instagram to hang out with me. I'm @luciahawley\_ over there. That's L-U-C-I-A H-A-W-L-E-Y, underscore. And one more thing before the episode ends, please consider leaving a review of Devoured

This transcript was exported on Aug 14, 2020 - view latest version [here](#).

on iTunes, so we can keep spreading the word and together we can offer this free education, empowerment, and liberatory nutrition principles that will change more lives. If you're someone who likes to empower other people, then please consider sharing this podcast with friends and family. And by leaving your review, it makes a world of difference.