

You are listening to episode 115 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 master's 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.

Hey, party people. Welcome to another episode of Devoured. I'm coming at you from fall weather. I'm also going to talk about weather because in my heart I am a Minnesotan, and I know I have a good number of Minnesotans who listen. So it's like a comfortable way we all check in with each other. So listen. In weight loss we commonly have an end goal on the scale in mind, right? "Oh, I want to lose X amount of pounds in order to hit this number." "Oh, I want to be this certain number in pounds on the scale because I was at number in high school or in college or before babies," et cetera. This is fine. So in Lean and Liberated, my group coaching program, you can have a number on the scale you want to hit. You can track your weight so you begin to understand its fluctuations and your thoughts and actions you take based on those fluctuations in any direction which we've talked about in previous episodes.

But here's something I want to remind all of you about this week. You can also lose weight without an end goal number too. You can define your weight loss success without the inclusion of a number on the scale in pounds or kilograms. And so today this is a quickie episode where I want to give you, I want to expand your brains a little bit because it's so easy in this culture of dieting to get very granular and to get very focused, very, very focused on a very rigid idea of what we do that then gives us success. But I'm here to say today that there can be a whole list, a litany, a slew of definitions of success that have nothing to do with the scale that you can choose to have be your goals either by themselves, independent of a scale number or right alongside a number too, if you so choose. But the kicker here is this. Let me give you a caveat here. How was that build up? The kicker is a caveat. The kicker is not the caveat.

But my caveat is that when I was naming Lean and Liberated, I really wanted to focus on the liberation aspect. The liberation from anyone's judgements, from anyone else's desires, thoughts, bigger, small, macro scale culture, or micro scale, your partner, or your best friend, or your mom or whoever we had to liberate ourselves from the thoughts of others. Not because they're bad, but simply to tune out the noise so we can truly understand WTF do I want from myself in my one fast beautiful life. So as we're seeking liberation, what inherently comes along with that is our ability to define as well, what is lean for me? And this dovetails into what defining success is for you. So this is something that is a very important concept because whatever your weight loss goal is, we can hold space for that. And what you might find along the journey is that the number might change or you might realize I don't actually want a number. It's a feeling.

So this is an important part of that process is that it's natural that you can set a goal, set an expectation for yourself and as long as you stick with the process, you might find that simply by setting that goal, setting that expectation, it opens doors that are not the goals themselves, that were never the expectations, but that you might never have walked through until and unless you accepted and embrace truly whatever the goal or expectation was that you had for yourself. So by shying away and aligning ourselves with what other people want for us, it can get us very confused and feel like we can't trust ourselves or we can't listen to that inner voice that is asking or beckoning or telling us a direction that

we could go in. Usually if we're not following that voice, it's because we have a core fear of judgment or isolation.

So in today's quickie episode, I just want you to get really curious. Can I and will I define my success this week? Now here's a whole list of some different definitions of success that have nothing to do with a number, no digit on the damn scale when you hop on it. These are just to get the juices flowing. If you'd like to incorporate one of them, great, honor that. If they spark a thought for you, great, honor that. But make sure you do the homework this week which is to define for yourself, in three minutes write down how you define your success when it comes to your weight loss journey. So here we go. Here's just a few different options that I came up with for all of you to be thinking of, get those juices going. So my success is when I eat to satisfaction. I eat when I am hungry. I choose foods that align with my health goals. I primarily eat for my stomach hunger, and if I eat for my mouth hunger, I understand and celebrate why.

I do not feel confined or defined by my cravings. I celebrate myself daily. I sit with the discomfort of being human and I trust myself. I choose actions that take care of me instead of self-destruct. I choose positive thoughts before negative thoughts. I compare myself to myself only. I stay in my own lane. I celebrate different benchmarks of my wellness, such as recognizing to drink water when I'm thirsty or going on walks to manage my stress. I make myself proud. I honor my word and stick to my commitments. I value my human needs without hesitation. So all of those and so many more could be your definitions of success on your weight loss journey. Now, if no one has ever told you that before, guess what? Welcome to the club. That's the culture we live in and we're doing something a little bit different and kind of very radical in this corner of, what do even call a podcast? The interwebs? Kind of. Technology. This corner of technology. So in this quickie episode, in this corner of technology, in this little part of the world, you have homework.

Your homework is to take three minutes and write down how you define your success when it comes to your weight loss. It can be a number. It can be a feeling. It can be a thought. It can be a result. It can be an action. But all it needs to be is for you. So go after it, have a lovely week and I'll see you next time. Bye.

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 this episode ends, please consider leaving a review of Devoured 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.