

You're listening to episode 117 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.

All right, well, hello party people. Party ... it's like I could start and I can stop that every week. I'll leave it at party people this week. If you don't know what I'm talking about, clearly you're a new listener here. Welcome to The Devoured Podcast. Super happy to be coming to you, actually from Michigan. My partner Tim and I have been traveling as safely as we can in an RV after the smoke that came down and enveloped us in Portland, Oregon a few weeks ago. We realized that we needed to realize a dream of ours and get after the RV that we had been talking about prior to COVID and prioritize seeing our families. So we've been on a bit of a whirlwind trip to the Midwest, first Minnesota to see my family and now Michigan to see his. So it's been really wonderful.

I'm coming to you from my podcast set up in the RV. You can hear my dog. She'll be pretty quiet through the episode, but it's been just a really cool, really amazing who would have thought that the thing that would make this RV trip happen would be smoke and unbreathable air in Portland, Oregon. But here we are. So this week on The Devoured Podcast, my main point, it's simple, but is it easy? That's usually the question for almost any subject that we talk about here on Devoured. What can be simple may not always feel easy, but some of the most powerful changes that we can make in our lives tend to be simple ones and where we need to change, if we need to change would be really becoming aware and present with any collection of thoughts or feelings that we have and how those are driving our actions.

And if we would want something to change, all we need to do is start to begin to bring awareness to, well, what am I thinking? How is that different than the reality that's happening? What is the circumstance that might be neutral or not feel so neutral for me? What thought is that creating in my brain? And once I make that thought or two in my brain, how is that affecting how I feel? And from there, what actions am I taking based on how I'm feeling about certain situations, circumstances, weight loss, your body, body composition, what you eat, et cetera. So, so much of what we talk about here on the show really applies to, well, I would say every other area of our lives, if I could be so bold, which I am. So this week, the title is pretty telling. Your focus is for you.

So here's the down and dirty. When we begin our wellness pursuits, we often do need to learn from others. We have to learn, well, what is protein? Why is butter healthy? Why did I not learn that before? Can I eat potatoes? Are potatoes a food for me to eat? Are those healthy? What's in them? How do I cook them? Do I like leftovers? How do I reduce my acne? What is my acne actually telling me or showing me? What is my acne inviting me into? What do you think about heavy periods? So often when we're regaining our wellness pursuits, we're learning and invoking education from other people. Those are just a handful of examples, but the examples could go on and on and on. However, after a certain point that external focus of asking outwards of other people, of institutions, of medical professionals, which by the way, always work with the medical practitioner when it comes to anything having to do with your health and wellness, but in this nuanced conversation that extra little focus can no longer drive our wellness after a certain point.

An example of that might be, it might not necessarily be useful to calculate one more macronutrient split. It might not actually be desirable to "start over one more Monday, clean eating plan in hand". So today's episode is for those of you who have done the learning from others. And if you now feel like you're spinning your wheels around your health and wellness, I want you to get curious this week. Maybe instead of being a bad thing, that feeling of spinning your wheels, that feeling that something has gone wrong or that you just need one more thing, one more calculation, one more plan, one more schedule, maybe that feeling of spinning your wheels is simply a sign that you're ready shift your gaze from the external learning and education to the internal learning and focus. Maybe it's a sign that you are now at that point in your wellness journey, where it's no longer about learning and integrating how others focus their health, what others can offer you around health and wellness from the bigs to the littles.

You may actually be at that point where your focus is for you and when it comes to nutrition, what I want you to think about this week is that your plate is for you. This is something that I've had to grapple with the long and the short of it, and here's a little tiny example of this because I always want to share to teach or to create space and containers for others to figure themselves out. I used to take a lot of photos of my food and I still do take those photos. I just posted one a couple of weeks ago on Facebook of, I think, beautiful salad that really hit all the marks for me. But I'm also recognizing that towards the end of 2020, which is where we find ourselves in this episode, we have a few months left, but I'm finding a big draw to go inwards with myself and to trust that those who will need to find me will. To trust that those who need to ask the questions will.

To trust that if I set the cadence and rhythm of my focus is for me in my own life, that it will indeed have the ripple effect on to others too. And you know what? How beautiful is that? In trusting that my focus is for me and in doing so, I create the opportunity for your focus to be for you. Now, if this is getting rather meta, all I mean is this, if you're scrambling to figure out how to feed yourself this week, if things are getting a bit "hack-y", like you're trying to hack your health, why not take that as a sign that you truly know enough and that you can take action this week to come back to your own basics. That you can trust them point blank, no questions asked, no forums scrolled, no explanations needed and no posts bookmarked, that you can simply be. That simply being is part of your process. That simply being is radical. That simply being does set the precedent for your health, your wellness and your weight loss goals.

So will you try that this week? Will you set the precedent that your focus is for you? That's my question for you this week and I'll see y'all next time.

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 a review. It makes a world of difference.