

You're listening to Episode 121 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 the 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.

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Party people, it is so nice being back here with you on the show. The last couple episodes I offered some sneak peaks into portions of the coaching that I offer weekly in Lean + Liberated. It was really fun. I was editing those podcast episodes myself, and so it was super fun listening back to what we chatted about. And I hope for you, you found it helpful and that you found it grounding. I wanted to continue to offer both those sneak peeks.

And hopefully in the next few weeks, get some Lean + Liberated participants on the show so that we can really start to show you what... I can speak, I can wax poetic about what I believe in the world, what I believe about our liberation, our bodies, our desires, our wants and needs, but I realized that being able to hear a concept from someone else who has lived that concept, who is currently living that concept and who has gone through those steps to experience, and be with those concepts and be either on the other side, if you will, or just to be within the gray area that is being liberated with your food and nutrition choices, I just think it could be really cool to get some of those participants on here. Know that that is in the pipeline.

And I hope you are doing well. A little update for me before I dive into the subject for today, coaching the intangibles. What does that even mean? I'll explain it in a minute. I am doing well. I am back in Portland. Sometimes I forget what I exactly share here on the podcast. But if you've been listening for a while, you know that my boyfriend and I got an RV back in September after the really intense wildfire smoke that was here in Portland. It really showed us what we value, which is finding a way to safely be with and/or around our family members for some portion of 2020. We hightailed it out of Portland, made that turnaround happen real quickly, and we drove to the Midwest, both to Minnesota and to Michigan. And we were able to be with our family members, outside distanced in a way that felt safe to us and that felt just... My gosh, we both love our families, and so being able to fill our cups in that way was so spectacular.

And so now we're back in Portland recalibrating going from Eastern time zone all the way back to Pacific. This week is definitely a week of kind of regrounding into living in a house, first off, very different than a tiny RV and reacclimating and getting into our groove for the next few months. Especially after the really exciting news of Saturday and the election, I found that to be a very exciting time. I was in the RV, I was not driving, and was able to just have all the fun feelings and really enjoy all the sharing and excitement that was happening on social media that I was privy to.

That's what's been going on with me. But as I've been thinking this week, what I wanted to talk about is the title of the show, Coaching the Intangibles, with Coaching the Intangibles. And so with coaching the intangibles, let me make a distinction between what tangibles are and what intangibles are, because that will be helpful. First off, when I talk about tangibles it, which is the concept that I talk about in Lean + Liberated quite a bit, what we're talking about are the tangibles of health and wellness: What are you eating? How are you sleeping? How are you moving your body? How are you getting your fill of

community, social settings? How are you taking care of yourself? How is your community taking care of you? Where is that push and pull?

Okay, so it's more of the tangible, the things you could write down. Today I ate breakfast. I had X, Y, and Z for breakfast. Today I went for a walk and it was three miles long. I took my dog, et cetera, et cetera. Last night I slept X amount of hours, blah, blah, blah. Those are the tangibles.

And so initially when people come to coaching around food and nutrition, we got to talk about the tangibles first. We have to learn, oh, well, let's talk about macronutrients. What is the protein? Proteins are in our foods, where can we find them? What's a fat? Which foods are considered fatty foods, which foods are considered lean foods, and what does that actually mean? Right? How can vegetables be starchy and unstarchy, and how can they all be carbohydrates? But how come I feel different when I eat a carrot than when I eat a bag of potato chips? What are those differences? All of those subjects around food and nutrition, some of the granular subjects, those all fall into the realm of the tangible.

And so when I'm working with my clients, what I find and why I really have stepped into just being like, "Yo, Lean + Liberated, this is what we do here." The reason I created that course a year ago is because I found that we didn't necessarily... Like in my communities and people that I was speaking with, we didn't need to talk one more second about getting really granular about getting protein in for breakfast, like with food and nutrition.

The people I was speaking with, they knew the ins and outs of nutrition, for the most part, we can all be learning more. I can be learning more. You could be learning more, of course. But A lot of that information, those tangibles of health and nutrition, once you understand the foundational basics, what comes next in terms of implementation and in terms of taking these logical, analytical ideas of what is healthy, what is to be fit? How do I implement those into my own life? How we start to actually implement those is by coaching on the intangibles.

If your tangible is, "Oh, I slept eight hours last night," the intangible would be all your thoughts and feelings, and behaviors even, around that one circumstance, that one happening of, "I slept last night for eight hours." Same goes for thinking about our meals. We're thinking about how we take action to move ourselves and move the needle, the dial, towards and closer to our own goals.

And the intangibles, to get even more meta here for a second, the intangibles also mean that not only do we have certain goals for our health and wellness, maybe it's to be improving the quality of our sleep, maybe it's to be regulating our nutrition choices in a way that helps us feel more grounded, maybe it's to be eating certain foods that help facilitate our body to release body fat in a way that feels not so stressful. Any of these choices that we can make, and that we could be making one at a time or at the same time, all of those choices have to come back into dialogue around how do we make choices that are intangible? How are we in relationship with the intangible?

And I think this is a big missing pocket. It's a wonderful pocket in the health and wellness coaching world. There are people who coach the intangibles so beautifully, and there are also people who coach with tangibles so beautifully because sometimes we just need a little tangible tweak here and there and we feel good. But if you're noticing that you're stuck in that cycle of starting the diets, doing the diets, having the diet try to kind of fix your life in one way or another and then the diet falls off and then you feel bad about it, or you feel bad about the diet itself. Or you're just like, "Yeah, that one didn't work for me. I don't know what to do. I'll take a break." And then later on the cycle starts itself, either because of internal pressures to look a certain way or feel a certain way or external pressures because of mass marketing or a certain season that we might be in.

Whatever the cause is, I really think that after we have basic foundational information around our health and wellness, it is then an opportunity to be addressing and looking at the intangibles. And by

proxy, when we're making the difference between tangible actions and intangible actions, what we need to address is the fact that they are both worthy of attention. And I think this is where a lot of women can beat themselves up is I think, "Well, God, I have the macros plan. I have the calories plan. I have the fasting plan. I have the... " whatever the plan might be. "I have no plan," right? "I'm done with the plan." Whatever the choice is, we think that if we can just stick to it, then we'll be good.

And so much of the coaching that we do in Lean + Liberated is saying, Well, what if that's okay? And what happens if we coach on that other side?" Because no matter what happens, and we make a choice, we're going to have thoughts and feelings around it. And so if that choice looks perfect on paper, great, but what if it doesn't feel perfect in your life? That doesn't actually mean that anything has gone wrong, by the way. But what it means is that if you'd like to, we can investigate there. We can put our detective caps on, right? We can use our magnifying glass. We can get up close and personal with that choice and start to become in relation and have a relationship with that choice.

And I have to say when we start to approach this one area of our lives in that way, curiosity around the intangibles, what you'll find and what I see every single day is that that literally starts to rewire our brains, our neural pathways, because what you practice is what you get better at. When we stopped practicing doing the diet, falling off the diet, getting mad at the diet, getting mad at ourselves, getting frustrated, whatever, and we start practice slowly but surely or quickly on fire, that happens too, when we start to practice the different choices, what we'll find always is that the intangible has to crop up, it has to be part of the dialogue, and that that's a good thing.

And so I'm saying this today because I think sometimes either the coaching industry or health and wellness industry at large says, "If you can't do it, if you can't just eat perfectly, if you can't regulate then, well, shrug, good luck. Just try again. Try it in this little different way." And I want to say maybe nothing has ever gone wrong with any diet you've tried. The successes, the failures, the perceived difficulty, maybe nothing has ever gone wrong. What if that all is neutral? And what if we start to notice which thoughts come up as we start to recognize that all those experiences could be more neutral, including the experiences of us thinking thoughts about ourselves, positive and negative.

When we start to practice having this shift, and we start to recognize that there are intangibles and that these intangibles are really very powerfully in charge of how we navigate our lives, what you'll start to see over and over is that it has this beautiful ripple effect into other areas of our lives, because it can't not. How you think about yourself is, of course, going to ripple up into other areas of your life. How you think about your food is, guess what, totally going to affect how you think about your boss, how you think about your social media, how you think about your hamster, how we think about so many things.

And I think this is why this type of work is so grounding and it can also at first glance seem overwhelming. I want to send like a little love letter to anyone out there who listens to this podcast and is like, "Cool. Yeah, Lucia, that sounds great, but fuck you, I don't want to do that work. Just tell me what to eat." I want to hold space for that today, because I want to say this could piss people off and there's space for that too, tell me about it. I want to say that that's a beautiful thought to be having. It is an absolutely beautiful thought to feel anger or to feel frustration because it's clues and it's information.

This week for you and to you, what I want to be sharing is that if you feel like you know the basics of nutrition, you kind of get how to compose plate, you understand with fitness that there's cardio and there's muscle building, and muscle building can help increase metabolic burn over the long-term because muscles burn more energy, even for just hanging out. And if you understand that cardio is really supportive for mental health and for regulating our energy, and for cardiovascular health, clearly because of what it's called.

If you have started to understand those subjects, you know the difference between a protein, a fat, a carbohydrate. You feel like you can, for the most part, make a balanced plate. And even though you tend to feel really snacky sometimes, you also have times where you don't feel snacky, whatever, if you're at that level of having these types of conversations and you feel like there's still something that is not figured out with your food, number one, I want you to take a beat and take a few deep breaths, because that's not a bad thing to be thinking those thoughts. That's a really wonderful thing. Because what you're doing is you're starting to recognize that there is a difference between the tangible habits and the intangible habits and the intangible experiences.

This week just be thinking on that. I know I offer homework some weeks and I don't offer homework on other weeks, but this is a week for homework. Start to notice two things. Number one, what am I having thoughts on? Because as we roll into the holiday season that's very important to notice what we're thinking. What are my thoughts about myself? What are my thoughts about my food choices? What are my thoughts about my body?

And number two, what are my feelings? As I think those thoughts, what feeling does that offer me? What feeling do I experience in my body? That's all. And now here's a rub. In this work very often we then will want to jump to the conclusion, "Oh, so I think of my thought and my feeling, and then I try to fix them and make them better." That's not the game here. The game here in your homework for the week is to identify what is the thought I'm thinking right now?

During that time, were you're feeling positive, were you feeling neutral or were you feeling negative? This work will always be supportive. Starting to practice and come into a habit of asking yourself, what am I thinking? And once you understand that, what your thought is, then saying, "And what is this thought offering me as a feeling? What am I feeling in my body? Where do I feel that? How does it feel? Can I describe that? Is it one word? Does it take a few more words to describe that feeling? Does it change? Does it vibrate? Does it feel heavy? Does it feel big? Do I feel it in my heart? Do I feel it in my throat? Do I feel my ears burning?"

There's no right or wrong thoughts and there's no right or wrong feeling. And this week, because I want to be diving into the subject more and more, I think it's really helpful, again, as I've said, at any time but as we're coming to the holidays, it's trying to understand that we are always in relation to our thoughts and our feelings. We can never have a bad thought or a feeling, they simply are.

And so the number one step when we start to move from the tangibles, calories in calories out, macros, how much sleep, how much whatever, filling my cup, do my self-care check, check, check, we start to flip and say, "Oh, I've got that conversation covered. The next step is to be coming into the realm of the intangibles. What are my thoughts and my feelings on those tangibles?"

I'm leaving you all with that this week. Go forth, go pursue and be in pursuit of simply noticing and being aware, what are my thoughts and what are my feelings? Have a great week. And I'll see you all next week.

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_.

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