

You're listening to episode 128 of the Devoured Podcast. Welcome to Devoured, the podcast for women like you who have tried restrictive diet after diet and are ready for simple solutions and resources to help you lose weight for the last time from a place of abundance and peace. If you're looking to end the yo-yo of comfort eating and rigid weight loss protocols, and instead step into living your life on your terms while losing weight in the process, you're in the right place.

Oh, hello dear ones, it's nice to have you on. And if you're new to the show, welcome, welcome. I am so happy to have you here. This week we are talking about being a good student. Where that comes from and how that can be your best tool or potentially your least effective tool when it comes to your weight loss. But before I do that, I'd like to ask a favor of all of you. If you've been liking this show, I would love to ask a favor of you being able to go over to your Apple Podcast app and leave me a review. It's a super quick process, and it offers a lot of social proof.

I've mentioned this before, but I'm in the process of writing a book proposal and having tangible metrics like positive reviews on the show go really a very long way in helping me pitch my concept as I'm starting to tie up loose ends and complete the book proposal process. So if you do leave a review, your review will have the opportunity for a shout out on a future podcast episode. I personally would love to hear your thoughts and for you to know just how impactful your words truly are. So that's my favor that I'm asking of all of you.

And so this conversation on being a good student was inspired by some of my clients over in the Lean + Liberated. And for anyone who's new here, Lean + Liberated is a six month group coaching program that I walk women through. And these are women who are looking to lose over about 20 pounds in a way without restrictive diets, et cetera, all the stuff we talk about here on the show. So this conversation with some of my clients in Lean + Liberated, a few of them had identified on a recent group coaching call that they have experienced frustration that I won't give them gold stars or A's or A pluses, et cetera, for their progress and work. And let me be clear, we definitely celebrate their accomplishments.

And usually what we find in this program is that the accomplishments become so much more than just the sole focus on a scale number. A lot of what we talk about in the video modules, in private coaching, in group coaching, and even the email coaching isn't about weight. It's not about weight loss. It's about their lives and how we're living our lives and how we're coming to things like our thoughts and feelings, what we're noticing with our patterns and habits, where we feel flow, why that is, et cetera. So what we're doing in the program is actually practicing how to move beyond accomplishing for the sake of accomplishing.

So let me say this. I love it when my students get frustrated, because it means they are in the process and it is fascinating what thoughts are revealed, okay? We actually have to normalize frustration because it's this feeling that many of us try to avoid. And what do you do when you try to avoid a feeling? You engage in a habit usually. Having a snack, checking the phone, doing a quick chore because you're stuck at home, maybe emotionally dumping on someone, shooting a quick text. While these are all fine and completely normal habits, they can be used to default on our emotions. So we don't feel that uncomfortable emotion that we might be starting to feel. We try to do something else.

And if you think about the concept of a good student, I think many of us try to be good students. I include myself here. And our definition of what a "good student," what good students do is extremely brittle I've come to find. But also as always on the show, we got to talk about the gray area and we always need to understand context. So coming to be a good student at some point in someone's life was really important for them. Maybe it was the best part of your day when the teacher acknowledged you. Maybe it was a way to keep evenings calm around the dinner table when you came home with good

grades. Maybe you learned not so nice beliefs about yourself from others and you proved them wrong by being the good student.

So I need you all to know today that we come to our habits innocently. And so part of working through doing things right is creating the safety of being with these thoughts. We don't need to scrub away what we once did. There's total merit and awesomeness in being the good student, even if that came from trauma, Big "T" or little "t" trauma. How beautiful that we became a good student. We don't need to scrub away what we once did, and we don't need to scrub away what we're still doing. All we need to do is come into awareness, to open the door to that room, and we check it out a bit, we see how it feels in there. And here's the key. We don't judge the feeling when we're seeing how it feels in there. We just let it be.

And it's from that spot, that very moment when we can begin to understand if and when we would then like to create an opportunity for something different. That is the point of safety in which change can occur. And in this case, it started with frustration. It didn't start with judgment of the frustration or going faster through the frustration or avoiding frustration by restricting more foods or doing one more workout in the middle of the day or after or you wake up earlier to squeeze in the workout. It starts with feeling a feeling, letting it be, and allowing nothing to have gone wrong in the process.

So to all of my other good students out there, I see you, I honor you, I appreciate you. And you came to being good for wonderful reasons. And you can be with that here in the present moment and allow all the emotions to come up and really feel validated in that being, the work, the process, and the experience. All of that will always tie in to any sort of obtainment of a goal that we want.

I want to say it one more time. To all my good students out there, I see you, I honor you, I appreciate you. And you came to being the good student for wonderful reasons. Thank you for taking care of yourself. I'll see you all next week. Did you know you can find more support from me in my website? Go to luciahawley.com to connect.