

You're listening to episode 138 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.

Party people, I'm coming to you from my office. In my office with me is not only my desk, upon which my laptop sits, and my microphone sits, but now I also have my desk extender. My standing desk. My boyfriend just made me a standing desk after I asked him for one last week. I'm using it. Today's the first day. I am standing up recording this episode, and it feels so good. It feels so, so good. I cannot wait. I've been taking a couple of calls today while standing up. It's very energizing. I knew that was why I was looking for one. That's my new theory of the week. Okay. Great episode. Thanks. See you next week. Bye.

Just kidding. I want to talk today about intrinsic motivation. This is a subject that comes up for clients of mine in Lean and Liberated. If you're not in the program yet, I got to tell you, what are you waiting for. We're in 2021. I would love for you to come hang out with us, have you step into this next phase of your life, feeling so bad-ass with your body, with your brain, with your heart, with your soul, all of that. Come on. Let's rock and roll. But it's something that we talk about in the program.

What I noticed is that so much of the culture of dieting that we have all grown up in, which, to me, is really, very much a Western culture. Diet culture is very Western thing. So much of what we learn by proxy, through osmosis in our Western culture, is that our motivation needs to be coming from somewhere other than within ourselves. That our motivation, even the concept itself, is this extrinsic thing. It's outside of us. What I really find is that part of this process of weight loss for the last time, we really have to come into a relationship with our motivation. What happens is that we find that the reason motivation can feel so useful is that spark in the beginning of making new changes for yourself, doing things that you want to do. The reason it can feel so exciting is because it can light up some things for our egos. Meaning, it can help us have more power or look a certain way, or be managing, to some degree, the judgment of other people.

It's very exciting for our egos. You're like, "Yeah. I want to look this way. I want to do this thing. I want to be this person, and I do that by doing these things and having those things." When we switched from extrinsic motivation into intrinsic motivation, what I find is that there's a bit of a hero's journey to be moving through. That it's not just snap your fingers, what do you like, go do the thing you like, which is what people start to think when they change from extrinsic to intrinsic. We actually have a process of self-discovery that takes a minute. Now, that minute might be a couple of days for one person, and it might be a couple of weeks or some months for another person. There is no wrong way to change.

Extrinsic motivation will try to compel us into that change by keeping our focus on anything else except ourselves. What do we find with that process? We find that it works in the short term. It's a little spark. Give us that catalyst to want to change, which is beautiful. We can be okay with that. That's a great thing. But what we can find is that then, when that energy from extrinsic motivation fades away, which it inevitably will because we can't carry things on the outside with us all the time, we only have what's on the inside for us, what we then find is that we start to feel like something's gone wrong when extrinsic motivation is no longer there, or it no longer feels the same of how it felt when we initially had that burst of motivation.

This gets a little bit meta, which is why I wanted to bring it up this week, as we're now in February. We've moved beyond the January diets and "New Year, new me." We've had a January that was great and challenging, like a lot of 2020. It was a big month. I think a lot of us had to come to terms with this

hope that we had had that this January could be softer than so much of what the months of 2020 gave us. What I want you to be carrying with yourself this week is this idea that your intrinsic motivation is as readily available to you as a story that extrinsic motivation is the only type of motivation out there. That's a story many of us have learned. Motivation comes from the outside. We have to internalize it, and then we have to keep on internalizing it to keep staying motivated. We need that. If we don't have the motivation, then we must be not a good person, or we must be lazy, or we must actually be done with this facade of being good enough.

Switching from extrinsic to intrinsic motivation is a way to come back into ourselves so that we can start to see, "There was never anything wrong with me. I am so whole, right now, in this very present moment. I do not need motivation in order to live the life that I love." When we flip into that intrinsic motivation, we can start to feel... I see this happen time and time again, that we can start to feel that motivation. All it's meant to be is a little spark plug, and it's meant to be short-lived. It's meant to be temporary. When it's truly coming from within us, that's when we can start to feel and experience that it's safe for motivation to be a short-term experience. That switches the focus from the outside, back into us.

I think that's such a beautiful and natural way that we can just end the dieting cycle. Because the dieting cycle is fed, and it lives by having us feel like our motivation needs to be constant and that we always need more of it. If we just had more of it, if we could just find more of it, keep more of it, use more of it, then we'd be enough. The way to short circuit and end, almost think of putting out a cigarette. The way you just like stamp out the dieting cycle that you start to realize that your motivation is created from you, by you, only for you.

It doesn't come from the outside. When we start to realize that, then we can come into this place of asking ourselves, "Do we even want motivation?" If we truly believe that it's coming from us, do we want to be generating it all the time? What you'll find is that you don't. On the surface, having oodles and motivation all the time is really cool. But if we dig a little bit deeper, it doesn't tend to align with what we truly value. If you haven't listened to the episode on core values, I'll link it in the show notes. It'll be really, really helpful for you to listen to that one to add to this conversation. Once you really understand, "What is it that I value in my life, for myself, with what I do?" I think what you'll find is that you can start to understand how motivation flexes with you. It's a support for you, but it's not the only support, and that you have a whole life and a beautifully embodied life, on the days when motivation arises naturally and also when it ebbs.

It's the tide coming in and out. High tide and low tide, neither one is wrong or right. They both simply are. Same with times and experiences of motivation. When we have more motivation, beautiful, and if we have less motivation, there's also space for that. It doesn't mean we can't accomplish any of the things that we desire to accomplish. It actually means that we have more ability to be with ourselves through all of our actions. That's typically what any of us want. We want to feel more present. We want to feel like we're really being and embodying that person that we desire to be that the goal weight, or the body size, or the certain look, or aesthetic that we have in our heads about ourselves that's typically the core feeling that that visual is representative of.

This week, start to notice, "What motivates me? What have I noticed in my past? Where would I like my motivation to be coming from? Can I allow myself to notice if experiences and expectations of other people is what has felt compelling to me? If I would like to, I have the full ability, right now, in this present moment, without digging into the research, or looking up all the things or doing this or that... I have full capability, right now, to allow myself to have that come from within, and that I can trust that I always had motivation, and that if I learned a story at some point in my life, that I didn't have enough, that it wasn't long duration enough, that I had to get more motivation, I can start to release that. That

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was a story from someone else, culture at large, or it's maybe someone in particular in my life. I can see that story for what it was, why it was given to me. I can allow it to go back out. I no longer need to be holding on to that story."

That's a lot of what we do in Lean and Liberated too. We have a whole module on that in the story work of really saying, "What have I been holding on to so innocently from other people? Once I have this awareness, and I start to create safety around the fact that I now have this awareness..." Very meta, if you will. Once we start to have that, and we create conversation around that, that's when we can then start to say, "This is how I will let this story go. This is how I will be showing up in my life in order to create the new habit of my own stories." Just like we might have a habit of being extrinsically motivated for reasons outside of ourselves, we can always come back to a practice that allows us to have our habit now be being motivated from the inside, intrinsically.

I hope you all have a great week, and I'll see you on the next episode. Did you know you can find more support for me on my website? Go to LuciaHawley, L-U-C-I-A-H-A-W-L-E-Y, .com to connect.