

You're listening to the Devoured Podcast, Episode 147.

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.

Okay, party people, my peach pits, my armpits, my lovely lumps ... I'm keeping that in ... Oh, what is up? Welcome to today's episode. I'm so happy you're joining me today. I'm keeping it real. I am recording this in my Voice Memos app from my couch downstairs instead of up in my office with my nicer microphone. Your girl just needed to be horizontal. It might be the Taurus in me, it might be the year of pandemic, it might be because I went for a long walk this morning, or it could be for none of those reasons. But I want to just remind you, part of embodiment and part of radical liberation, is that you do what you do without apology. A lot of our world is set up in ways that are so anti-embodiment. Sit in the chair when you don't want to, right? Wrangling the kids, teaching them how exactly to act and perform, so that X, Y, and Z happens later on.

A few weeks ago, and leaving liberated, so the group coaching, what happens in there on Tuesdays, that's when we do our group coaching, I start each session off with an exercise or a thought, a subject, that I either want to bring to light that is almost always going to be related, of course, to the program, but also what I'm noticing in the world at large, what I'm seeing kind of thematically with clients, or just like with life. So a couple of weeks ago, I was chatting about some of the different ways that we can practice embodiment. Embodiment is not this like logical process. It's actually us meeting our bodies in the present moment without expectation. It's bearing witness to our bodies.

So one of the embodiment practices as I was doing some of my research and getting my notes together before sharing with them was that part of embodiment is also dismantling the diet culture, and also part of what I teach in the course is that diet culture is an arm of power and control culture. So this root of power and control culture is also controlling us to exist in our bodies in certain ways. How many of us have felt that fatigue? I think it's so striking actually being on so many Zoom video calls in the last year. It's so striking. That's just performing in ways that we might not actually be most liberated to perform in. It might not be in our best interest to sit and look at a screen and have a lot of other faces looking at us, very close to us, often unblinking, maybe unfocused or radically over-focused. Just think about what that does for our nervous systems.

Now, part of loving and being with all of this is that we can do hard things, but it's also the recognition that we can choose to opt in or also opt out to the defaults that we think just have to be. I think you see that more and more as the world becomes more IT-focused, more tech-focused. People are on their screens more and more. We have the tiny screens on our wrists and the tiny screen that used to be at our ear and is now in front of our faces, and we have the bigger screens. Well, the small, big screens that are our laptops, but then we have our double monitors. Then once we're done with those screens, and we might come to a different room that has a screen that's further away in a little bit bigger, and we can look at other things on our screens while also holding our little screens that were at our ears, now to our faces. You know what I mean?

So I think part of what I hope a lot of us are starting to feel is that it's not a bad thing if you need to lay down, boo. It's actually just what your body needs. It's not a bad thing. If you're feeling like you want to stand up at your desk. How many people are at stand up desks now? Because sitting gets really old really quickly. Year in, year out; 8, 9, 10 hour days. The commute that many of us aren't taking right

now, sitting in the car, sitting on the bus, sitting on the MAX or the tram or the light rail. What if you get to do it differently?

Look, that was part of the embodiment. This is not the episode itself, but it's just striking and I want to offer, as always, these reflections, these what-ifs, these how abouts, because we define our own paradigms. So if your brain goes through, "Oh my God, why do you need to lay down at 2:00 the middle of the day? I shouldn't." Well, it's because I have that extra cup of coffee. I know I shouldn't be drinking the coffee. You're like, "Goddamn it, why did I ... why ..." All the chatter that comes from that, I want you to honor.

Maybe that chatter is trying to point you in a direction that you get to side hug at the same time as saying and it is so. It's the one of those environment practices that I was chatting about with the lean and liberators. Or the fact that our culture doesn't make space for our bodies to make noise, for a belly to digest after meals, for us to cough in certain ways, for us to have a sniffly nose, for us to rub something out of our eyes, or to have to shake our shoulders, for us to fidget and move around. But we can make the space for that. As adults, not even just for the littles in our lives, for adults too. That's part of dismantling diet culture. It's not even the food. It's just being in our bodies, okay? So thought I'd add that in there today.

Also today, what we're talking about is a 24-hour plan and how to use the 24-hour plan. So this journal, this 24-hour plan is a big part of what we do in Lean and Liberated. But the tangible part is that you decide ahead of time what you're eating for the day, whether that's in the morning or the night before. What's tangible is that you write that plan down and then you stick to it. Now, here's the thing. On the surface, just like anything you do with food and nutrition, that can be a diet. Just like fasting, just like doing whole 30, just like going vegan. It's like going gluten-free. Whether it's liberating or not depends on the person.

So with the 24-hour plan, the difference is that we are choosing to show up to the plan in a way that we will want to show up to it for our lives. These are lifestyle changes, it's not the short-term quick fix, the little hack and get the job done. The hack is that we start to, when we consistently show up to our journals, this is a platform in which we can see all of the thoughts, beliefs, and feelings we have about ourselves. We can allow them to come up and out of ourselves so that we no longer have to hold on to them. It's not a bad thing when you do the journal and you initially, for example, journal in some foods that you don't like, or you initially journal in too little food.

Usually, with the journaling, what we find is that you need to be bringing foods in and getting really curious: "How do I make this a plan that I'm excited for, that I'm ready for?" That's why with this plan I also have my clients rank, after they've written down, "Okay, what am I going to eat tomorrow?" they rank scale 0 to 10, how great do I feel about this? If it's an eight or a higher, then they stick with it and they see what comes up. If it's a seven or lower, before they get into that next day worth of eating, they have to go back and amend it.

Now that's just phase one with the 24-hour plan. In the journals, we have a couple other sections in the journals. I like them to be thinking about their future. One day it could be specific, the other day it could be completely broad, but really starting to envision and tying into, like things that I'm planning for tomorrow, of course, impact how I feel 5 years from now, 10 years from now, next week, wherever I want to be putting my attention on that future vision for myself. So you make your plan and you give it a fair shot. You write out a scale of 0 to 10, when it's eight or higher than you do the damn thing tomorrow.

Now what you're going to find is that in the moment, when you're stressed out over lunch or you're feeling like you needed the snack that you didn't plan in, or that after dinner you have a lot of voices in

your head or you feel like you want to numb out all the voices in your head, and so you ... you ... you ... you, what? You won't know until you stick to the plan. Or you can start to be at that intersection of what you believe about your life and what you believe about yourself navigating that life. This is where it's almost interesting to want to offer examples because it's so radically different for every person.

But this is what I want to share with all of you is that it's that stuff that comes up when you do or don't do the plan that you make for yourself. When you believe you can make the grooviest plan for yourself or you don't believe that your plans can be groovy. It's that stuff that we coach on. Yes, we might coach you to be planning in more flexibility with your journals. Yes, we might coach you tangibly about some basics around nutrition, but quite frankly the modules cover that because when it comes to showing up for coaching, what I want to dig into is how are you co-creating with your life to make your life a party, to make it this room that you open the door to and you step into, and you're ready to be there. Sometimes when you walk into a party, you're going to have some trepidation. You might not necessarily know who to walk up to and introduce yourself to. That doesn't mean it isn't a party. It just means it's part of that party experience.

So I want all of you, and I share this stuff because if you're ready you could try. I've shared before, I'll link up the other episodes in the show notes that specifically pertain to the journal plan flexibility, the big one, I'll link to that in the show notes, because you can take this stuff and run with it. Yes, in some of the modules there are some specifics I talk about that like the podcast isn't really going to be the platform to get into all the nitty-gritty on micronutrients versus macronutrients, the power and control culture aspect of where diet culture is coming from, the dieting cycle. We talked to that stuff. If you want big specifics, that's why it's housed in the program so you can self-pace and learn it in your own time.

But some of the basic core actions that we're taking, we can understand, we can reverse plug in, right? We take our actions from our thoughts. So if we take an action, that's different than the default ones. Of course, if we want to plug and play, we can backtrack and start to recognize, "Well, what thought is making this action not feel so great? What thought is actually causing me to stray away from my plan even though yesterday I thought it was a good one? What thought is making me feel like a garbage person, for believing that there's something that went wrong when I made a good effort to journal and then I change the plan the day of?" We can start to layer with ourselves and see that we are complex and ... and this is the most anti-diet culture part of all ... there's nothing wrong with that.

Now I know when I say that, some people say like, "Well, Lucia, but then what's the point? If everything is just fine and I'm 100% whole and great and wonderful when I do my plan perfectly, and on the days when I feel like I fucked it all up, what's the point? Like, how is that going to help me lose weight?" Because it brings you into a space of capacity for creating loving awareness with your life right now. That will always be the most counter-culture, the most radical, the most liberating action you can take is loving self-awareness.

Loving self-awareness stops our hustle for wanting to prove ourselves to other people. Loving self-awareness melts away that ego trap of being the good student, teacher's pet, getting the A's of being better when you hit the certain number on the scale. Loving awareness also takes out the fear around eating more carbohydrates. It neutralizes the bag of Oreos. It honors the purchase of the foods that you said you weren't going to, but then you did. Because when all of those instances simply become, and they just are, that is a validation that allows us to be, and isn't that what we want in our lives? Isn't that what we're looking for when we're wanting to lose weight or wanting to fit into different clothes? You can have the tangible result of losing 20 plus pounds, 30 plus pounds, fitting into the clothes you want to fit into while stepping in to deeper self-love and awareness.

Of course, you can. When you trust the universe, which is what this whole practice is, a spoiler alert, we're trusting the universe more here. When you trust the universe more, you start to see that it is all

possible. Any of those limitations, any of those old stories, whether they're stories from your childhood about what it meant to be you, or they're stories from last week about anti-diet culture and what it means to be you now, you get to see stories for what they are. Love them for what they offer and choose to honor yourself with loving awareness.

Do you all see how that 24-hour plan is a portal, it's a doorway? That's why I always harp on the consistency. It's not to be a badass at being consistent. There's great stuff that can come up from that, sure. But the deeper root is what we're actually practicing. It's that intangible that we're practicing there of saying, "When I show up to my thoughts consistently, when I choose to take care of myself in ways that are loving consistently, I'm setting the stage for a life well-lived. When I honor that in myself, when I show up to that being the scariest thing, and I do it anyway, without knowing what step I'm taking aside from doing it, without deciding what that means and just doing it anyway, that is that release from expectation, and it's co-creating, like I said, with the universe this deep self-trust. That you can eat the Pop Tart and lose the weight. That you can eat plant-based and like a piece of salmon. That you can lose weight without lifting weights. That you can follow the influencer that triggers you and take care of yourself. Dismantling the stories comes from our own actions, and it can look like the most simple action. Making a plan, deciding what you're going to do tomorrow, that's like laying your clothes out for the next day. But it's the simple actions that are radical.

So I want you all this week to honor your simple actions. Isn't that what life is? It's in the simple moments. Isn't that what is so pure? Our privilege to take a breath every day, for those who can't or who weren't allowed to anymore. The honor of being with ourselves. The leadership of celebrating when we're stressed and when we're not stressed. That's the powerful practice. That's what I hope you all find when you use a 24-hour journal. When you see, that of course it's not a panacea, but it's a key that opens a door into yourself and when you embody by showing up consistently to that, that that is one of the safest places you can be. That's when your life changes. Thank you all so much for being here and I'll see you on the next episode.

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