

You're listening to episode 159 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, what is going on? You're getting through another week and you are rocking it. You are slaying it. You're looking so cool. You're doing the cool stuff and even if your brain is serving you all the thoughts to the contrary, I know the truth, which is that you are a human doing their best. And I for one am really proud of you, and I hope for you that you can feel some of that pride. Not that you have to feel proud all the time, but like listen, think of pride and being proud as like confetti sprinkles. They're just... It's fun. Just... And does everything need sprinkles? No. Are you going to turn sprinkles down if they're on something? I would say no.

Welcome to the show. Today, we're talking about judgment and motivation, and specifically, what I'd like for y'all to know is that your judgment is not your motivation. What? Let me say that again. Your judgment is not your motivation. This is like a core concept from diet culture, a culture of dieting from which we can glean certain principles and certain ways of being that we noticed over the years. I think it was a very foundational concept given to many of us without informed consent. We just grow up in the bath of a dieting culture. We're given the expectation and we see modeled to us from others, maybe those that we respect or culture at large, that in order to motivate yourself, you must be in judgment in order to do so. The ways that we see this, it might not be in the action that someone is taking, but it's in the energy behind the action.

What I mean by that is it is the driver from a deeply-seated belief we have that is translating into the thoughts that we think, that's creating the feelings that we experience, that then we're taking those actions from. So one person might go to let's say, a yoga class, and their thought behind the motivation that is creating the effort to go to the yoga class and take the yoga class might be, "Oh, this is what I'm doing today because I know when I do this consistently, it makes me feel nice. I like that." Okay, that's a fairly neutral thought behind going to a yoga class.

For someone else, or maybe for that person during a different time of their life, going to the yoga class could be motivated by thoughts like, "I need to go to this yoga class because I should be getting in my movement efforts because if I'm flexible, then likely what I'm going to have is no longer a body that feels pudgy and stuck and stodgy. And instead if I go to this yoga class and I do my yoga and I do it hard enough and I keep showing up, then my body's going to look different and that's what I want. So I should be going." And then they go to the yoga class.

The energy behind those two examples is so radically different and I want to offer that example to all of you this week, because we need not to be afraid of the thought that our brains think we need to honor any thoughts that we have that we simply default to. And that's why I bring up the subject of diet culture. It's not to be like, "Wham... Get away from diet culture. Wham... diet culture is so hard. Wham... you have to be so radical all by yourself. It's lonely. It's isolating." No. It's to say wow. We've been in a container of a culture of dieting and if we had liked to leave that culture in that container, we have every right to do that. And as we leave it, we're going to have some after effects because our brains simply habituated to what they were doing in the container of a culture of dieting.

And thusly, there's nothing wrong with those thoughts of trying to motivate yourself from judging yourself. Instead, it's just an old way of being that isn't actually serving the new way of being that you truly desire because when you motivate yourself from judgment, you will always burn out and not really accomplish the thing that you want to accomplish in the longterm. And you see this with weight loss and

weight loss protocols and diets and styles of eating, where people judge themselves all the way down the scale. They accomplish and hit the scale number or the body fat percentage or whatever their goal is. They hit that and maybe they celebrate it for a day or a weekend or a week or some amount of time, but then they rebel against all the actions that got them to that weight or to that goal.

We want to stop that pattern in its tracks. Now go back to the episode, How to Love Yourself Down the Scale. I will link it in the show notes because that does a really good job of describing how and why it actually matters that we have to do the pre-work of coming in to discovering our own intrinsic motivation from love instead of from judgment. And when we create change from that love, without that judgment as the core driver, listen, we're always going to have some judgment, okay? No, one's trying to be Yoda. That's boring.

You're going to have judgment, whatever. That's fine. Let your brain be a brain, but if that added level of self-awareness of your brain might offer you a judgmental thought and you can take it with a grain of salt and do the loving thing anyway because the actions that will come from that thinking pattern are going to be actions that will way more likely support you in your beautiful life that you are creating versus supporting you to get to a certain goal that is static and probably doesn't really align with what you value all that much, that then you drop away from and rebel from all those actions, because they came from a place that is inherently against the core of you.

And I think we miss this conversation very often. Even in the world of being like, "Oh yeah, no. I know I shouldn't judge myself, like make myself to do things." Yeah. We know that, that's not going to feel so good. We know that judgment doesn't feel very good, but what I want to say is if we zoom out and take a step back, not only from the judgment in the moment or the week or the month, but we look at the pattern, remember that judgment, we're going to actually boomerang away from judgment as we're shifting and creating the lives that we love. So not only does judgment feel bad in the moment, but we might use it and leverage it to do something. Not only that, but we're going to find that the judgment that got us to the place isn't going to sustain when we're in that place, because judgment is inherently not life-giving for us. It just isn't. Okay? Judging ourselves, our bodies, even if we have a deeply seated beliefs about ourselves that we judge like, okay, we're going to judge ourselves, but we're not chronically. We're going to let give ourselves a break from that judgment. And that's what you see when you lose weight and you hit a scale number and you get to that number, and then you rebound. That's you taking a break from judging yourself because you judge yourself to get there.

This is why we do weight loss so differently in Lean + Liberated. This is why we slow down the pace. We slow down the pace of the weight loss, because there's no rush when you're creating a life that you love. When you're creating a life that you love, you get to be in the driver's seat with play, with curiosity, with creativity and there's no way that you can mess things up. There really isn't. Even when you have a day where you are harsh and all over yourself, that's still a learning opportunity. That's still just some thoughts that your brain has served you. You don't have to take them as the end all be all. They might feel more comfortable in the moment because they've just been habituated. They're just the thoughts your brain is like, "Oh yeah, I should think these. Well, I've bought them before so I know I can think them. I'll just do it. It's easier."

This is why in these acts of changing our lives... That is the nuanced intangible of change work is that it's actually not harder to think new thoughts. The only bit that is hard is that bridging from the old thought into the new thought, because the old thought is comfortable. Even if it's uncomfortably comfortable. You've heard me say that before. So our thought where our brains are going to have a thought about thinking about shifting away from the old thought, that gets very meta and that's okay. And why do they do that? Because they're trying to protect us. They're going to say I would rather be uncomfortably comfortable in motivating myself through judgment than the unknown of the land of what motivation

could be like without judgment. I don't know what that is and because I'm here to protect you, rest of my body, this is the brain talking to your body, because I'm here to protect you I would rather do the thing that I can predict, which is judging myself for motivation rather than the radical thing that is, feels so far away.

But everyone, I need you all to know, it is not far away. You can motivate yourself in 100 different ways that do not include judgment. All we need to do is practice. So I want you to choose a word right now. This is your homework for the week. I want you to choose a word that would describe a feeling that you'd like to experience more of. I'm going to throw some out, but don't use these if they don't resonate with you and think of your own. Playful, energetic, open, curious, joyful, happy, compassionate, neutral, open-minded, any of those or one that you like, but what is it? What would be a feeling of sentiment of that feature that you feel like you're moving yourself towards? Okay. Now that you have that, I want you to take that word and mash it up with motivation, right? We're no longer practicing judgemental motivation. We know that in and out, it is as comfortable as an old pair of black leggings. We get it. Now take your word and I want you to combine that with motivation.

Okay? So this week you're going to practice. Let's say you chose joyful. You're going to look for all of the evidence of joyful motivation. Now you might not feel like you can find it around your food and nutrition and wellness habits. That's fine. Don't let your brain make you feel like you can't find it at all, because you have more places in your life that you think about than just your food and nutrition. Even if it feels like it takes over your life. You already have proof in concept, especially if this is a word that you chose for yourself by yourself. You already have proof in concept that you can create a life that includes insert blank, motivation, joyful motivation. So you need to dig in to all the different areas of your life this week, and start to practice looking for the evidence and proof of joyful motivation.

This is how you flex that emotional muscle. And this is how you do it instead of trying to over-analyze yourself and out logic your emotions. That'll just keep you in diet cycle for forever because that's what the dieting cycle is. It doesn't honor emotions. We need to flip the script and start to get really comfortable being in the room of motivation. So judgmental motivation is just one part of the room, but there are all these other parts. So this week you might be practicing the joyful motivation and just being in that part of the room. See what happens. I can't wait for you to try this exercise, take a screenshot. If you're listening to this episode and you're going to give this a go, tag me on Instagram, let me know that you're doing this and I'll catch y'all on the next episode.

Did you know you can find more support for me on my website? Go to Lucia Hawley, L-U-C-I-A-H-A-W-L-E-Y.com to connect.