

You're listening to episode 182 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 yoyo 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. All right. What is up my BuBu LuBus? Have you ever had that candy before? Oh my gosh.

That candy is very nostalgic. For me growing up in Minneapolis, going to a couple different markets here and there and they would have BuBu LuBus. They are so good. If you don't know what they are, go search for them, go Google them, go DuckDuckGo them, go do your thing. And then if you ever want them, you're going to be, "I remember. I remember she told me about BuBu LuBus." But you all are my BuBu LuBus. So welcome to the show. I hope you practiced putting on your blanket from last week. And if you don't know WTF I'm talking about, go listen to last week's episode all about the holidays. And your blanket, your shawl, your cloak.

It is so here for you and you get to tend to it by practicing putting it on. So in the same vein, today we're talking about you being in charge. Okay? And so before I get into the episode, I want to remind you if you're loving the show, right? If you're a old fan, if you're newer to it, if you're loving the show will take a minute and leave a five star rating and review on Apple Podcast for me your reviews and your ratings really help the podcast get shown to more women and especially women who are leaving diet culture and leaving diet culture thinking.

So it's super duper helpful. And those three minutes you take out of your day, make a huge difference. So I'm putting that out there. Okay? Now then let me tell you the truth. Okay. The truth is you're in charge of your weight loss journey and your weight loss process. Once you know the tangibles of how to lose weight, which I will reiterate here, but I share about them in plenty of episodes. So the tangibles are how to feed yourself for life, which means you eat meals intentionally that have some fats, some proteins, some carbs, and some veggies.

You eat them when you're hungry and then you stop when you're satisfied. And they're primarily composed of unprocessed foods, basically meaning foods that are not flour and sugar based. And then you also incorporate those foods that do have flour and sugar with intention, just like that basis of those unprocessed balanced plates that you practice feeding yourself for life. Both of those are intentional. Okay? The only thing then between you and weight loss is that really beautiful thing called your brain.

So let that be okay. Let it be okay that the truth of food and weight loss for life are fairly boring and banal. They're pretty neutral and it might not feel like a big fight on paper. So if things do feel like a big fight or they feel like the struggle bus, they feel really emotional. Maybe they feel overwhelming. Maybe right now, your brain is making things out to be very personal. Your brain is attacking you personally. There's something about you as a human, about you as a person that makes the weight loss challenging.

That makes it feel like you have to lose weight and the way that you're going to lose that weight through really mean thoughts and unkind... Just unkind ways that you treat yourself. Let it be okay that the food stuff is kind of boring and that your brain might have all these different thoughts that are simply coming to the surface not because you have a bad brain, but because you have a wonderful brain. And notice if your brain has decided that weight loss has to happen from a rushed place, there's urgency around the weight loss. Okay? Because if you're in a rush to lose weight, then it's your thoughts that are creating that rush.

If you feel like you are not in charge of this process, what you have to do, you have to show yourself over time. And then repeatedly over time, you have to decide to look for the evidence that you are in charge. Now listen, conceptually, this might sound great. Woo. What, you mean I got to be more in

charge? Nothing wrong there. How many of us feel like we'd love to be in charge in all [inaudible 00:05:21] areas of our life? But the thing that might feel the least practiced actually probably from your limbic system, your nervous system, right?

The seed of your emotions, probably feels the weirdest, the wackiest and the freakiest. And so even though if on paper being in charge of your weight loss sounds good. Yeah, I'd love to be in charge. I'd love to know that what I do creates these results. We have to backtrack from those actions you're taking and really say, "Well, what feeling is that action coming from? And what thought is perpetuating that feeling? And what belief do I hold that is generating this thought that I have about myself?"

So in order to come home to the concept of truly feeling safe and honoring that you are in charge of this process and all of the wonderful components of this process. In order to do that, you have to look for the evidence that you are already in charge. And now hear this, this means when you start to look for the evidence of already being in charge of your weight, this means releasing from being in control. So what is the difference between being in control and being in charge?

Well, being in control means that your brain believe that you have direct faith over a situation. It means that a hundred percent of the time $A + B = C$. Wouldn't we love for that to be the case? But what do we know about humans and humanity being human? Doesn't really work that way. And we're not in control of situations or circumstances. No, we can be in them, but we are not in control of them. And how do we know that? Because how many times do you try to seek control? How many times are you trying to control other people's judgments? How many times are you people pleasing?

How many times are you making all of these big expressions? Whether people know it or not. How many times is your brain trying to seek control of different situations? And here's the doozy, how many times does it feel like you are a hundred percent not in control, even though you try so darn hard? Right? $A + B$ does not equal C . So being in charge, okay? So in contrast to being in control, being in charge means that you take responsibility for the results of your actions. That means instead of $A + B = C$, which doesn't really hold up in humanity while humans are being human.

Instead, your only job instead of to decide what the data is, is that you interpret your data. Being in charge means that you practice looking for the evidence, collecting the data and then allowing it all to be neutral. This is why we use a 24 hour plan in lean and liberated. You just decide ahead of time what you're eating. You decide to be in integrity with yourself and do the hard work of letting other emotions come up, being aware of them, being conscious of them and learning how to feel any feeling so that they can be without judgment.

You learn to do that with yourself. You learn to do that as a human out in the world, being social. You learn to take responsibility for the things that you are in charge of, which is you. When you start to see evidence, when you start to create evidence, you create proof ahead of time by looking for the evidence that's already there, which I tell you it is there. It is already there of all the wonderful things that you are already in charge of. You're then practicing taking responsibility from a loving place.

Because how many people will try to lose weight through massive restriction through really die hard rules through tons of deprivation, all through scarcity. Because they don't believe that they're worthy of losing weight from a really balanced, easy, natural place. And then what do you find. You find and I see this time and time again, you find that what is reinforced so that weight loss is hard, it's overwhelming. It has to come from a place of scarcity. We have to motivate ourselves through shame and blame and guilt because that's all the evidence we're looking for.

And then that place becomes comfortable even if it's uncomfortably comfortable. It becomes comfortable to believe that in order to be worthy, you have to lose weight. It becomes comfortable to believe all the diet color, diet culture messaging, instead of doing the most radical thing of loving

yourself right now in this very present moment no matter what. That's what we're practicing here, don't be fooled. Yeah, you're going to lose.

But that becomes to be like a back burner process. Of course, you're losing weight. It's a no duh. But the way you get to the weight loss isn't that you're solving for $A + B = C$, it means that you are deciding to take responsibility to interpret the data. So do you want to know two really great thoughts that will sustain you to consistently be in charge? Because I'll tell you them right now. Number one, the great thought.

Okay. And listen, these thoughts are not thoughts to be used against yourself. I think I need to make an episode sometime soon about, I don't think I have, about weaponizing information. Okay? So these are not to have you weaponize information. And if you want a little bit more details on what that concept means, go to episode 180 tracking steps points in protein, that'll clue you in a little bit to what weaponizing information, what that concept means. These thoughts are like flowers that you're planting in a garden bed.

So the flowers themselves are beautiful, no matter what and the quality of the soil, meaning the beliefs that are in the ground of you, the belief that you believe the fertilizer, right? The things that you put in that allow the thoughts to take deep root and to grow and be healthy and to get the nutrients they need. Well, that's the belief work. That's what we're talking about when I talk about nervous system, right? And that's what you're practicing when you're putting on your cloak of empowerment, which was the subject of last week.

Those are all the things that show you that work in conjunction with the thought work. The thoughts have to be able to root down into a ground that will support them. That's the difference between affirmations that don't stick, that you tell yourself. And you're just, "That didn't work. I don't believe it" into, "Oh, it might be uncomfortable to think this thought, but my body is ready and primed for it." So here are the two thoughts. Number one, this is working. This is working. Allowing yourself to come home to that thought, no matter what. This is working.

And number two, I can do this. No matter what, I can do this. These thoughts are going to generate some really beautiful feelings that then you can take action from. Okay? So be in charge this week, get freaky with being in charge. Okay? Do the radical thing. This is truly how diet culture dissolves away. This is the radical stuff. Do the radical and let it happen. Let yourself be in charge. Let yourself take responsibility. Let it be so wildly different and weird that of course, it's going to be supportive because this is working and I can do it. I interpret the data.

I take responsibility and ownership for lovingly losing weight because I know the tangibles of how to lose weight. So the only thing between me and this weight loss that I desire for myself are my thoughts. I promise, it is so, so worth it this work. This work is the ripple effect. Because guess what, BuBu LuBu? There's no way that this focus in this area of your life, can't not affect every other area of your life because how we do one thing is how we do pretty much everything. How we think about one thing, how we feel about one thing is how we think and feel about so many other things. So do the radical, let it happen. This is working. I can do it.

And when you're ready to do this and take charge, I would love to help you. So I'm currently booking clients now for January of 2022. So during the release of this episode, which is November... November 11th, I'm booking out clients. And if you're listening to this episode afterwards, just check in on my social media and you'll be clued in to when I'm taking clients or not. I make it really, really obvious there. So reach out to me on Facebook messenger or on Instagram DM to join. I always have those linked up in my show notes. They're super simple to navigate over to.

So let's get you losing about a pound or two per week without dieting, without diet culture thinking and with the volume turned up on you and you feeling so safe to fully embody and to have the capacity and to know without a doubt that you do have that capacity, you can do this and that this is working for yourself. It is so safe to do that. And no, your body might not feel that way quite yet. And yes, it's okay to start before you feel a hundred percent ready. And know, you'll never actually quote unquote, be ready. Love you so much. See you next week. Bye.

Did you know, you can find more support from me on my website? Go to Lucia Hawley, luciahawley.com to connect.