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Okay party people, welcome, welcome, welcome to the show. So, you think you don't have time to lose weight, well, we're going to talk about it in today's show, because what exactly does that mean? Okay? This is what I want to myth bust is when we say or we think, "I don't have time to lose weight." Right? What you're saying is, "I don't have time to diet." And what you're saying by that, like what does that mean, well, to me, what it means is that you think you don't have time for the decision fatigue of dieting.

And what I want you to know today, is that weight loss decisions can be easier and more simple than the decisions you're making right now without weight loss or with weight loss that kind of comes and then kind of goes. What... literally my too long don't read, like this is going to be a pretty short episode because I just want this to sink into your ears and for you to hear it. And then for you to chew on it, to digest it, if you will, pun intended. The too long don't read, is that weight loss decisions probably feel really overwhelming or they feel fatiguing because you're trying to make them all day long.

I think that makes a lot of sense that it would be really tiring to think about losing weight if your association with weight loss has been that it's a hard thing to do, that it takes a lot of your energy, that it's not all that exciting, and that you have to keep doing it and keep making those decisions every darn day. Literally, this is why at Lean + Liberated we use the 24 hour plan because you make your plan for your meals ahead of time and you don't make them a week in advance like you could, but that's not what I'm teaching. You just make them the night before or the morning of, because you're going to have your thumb on the pulse of what you need during that either next day or the continuation of your day, right? It gets to be radically simple when you allow it to be radically simple.

Now it doesn't mean it's always going to be super easy, right? With my clients the reason that we do the coaching is because yes, you can make a plan, but if you make a plan for a really dietary days worth of food, well, that's where the learning needs to be. And that's probably what we need a coach through. Right? If you make a plan to never eat another cookie at again, also you have the right to do that, but is that what you actually want? Does that align with your values to be upholding rigidity and structure? For some people it literally might. That's the beautiful part of Lean + Liberated liberation is that there's no judgment with the decisions you make. And I know sometimes clients are like, "Lucia just tell me what to do". And I do, quite frankly. I tell you make a plan, I show you the structure for the palm full of protein, two handfuls of vegetables, cupped palm full of starches, and the thumb full of fat. That's your job, and then you get to it. And if you don't get to it, then we get to investigate why.

So when you don't have time for weight loss and that's a recurring thought in your head, we just get to investigate why. Why Did your brain think that? Why is it serving you that thought? Cause we think thoughts because our brains think that they're useful, and we get to love that. I use this example with clients here and there where I'm like, "Think about your brain and the thoughts it's giving you like toddler. And the toddler is playing with a lot of blocks and you're hanging on the couch, right? The toddler's kind of playing with itself and it's playing with its blocks and toys. And you're sitting on the couch and you're watching, but you're also just doing your thing, and maybe you're chatting with the toddler. I don't know, whatever.

The toddler grabs the block that it thinks is so cool and it runs it over to you and literally IRL. You're like, "I literally don't need to hold a block", but the toddler's giving you this block. It's so excited to give you the block. So what do you do? In real life, you're probably just going to take the block from the toddler because it's easier to do that than to try to reason and be like, "Oh, I don't need the block right now. No, thank you". No, you just honor that the toddler is in its developmental stage where it sees something, it

grabs it and then it wants to give it to you because it wants to share. I want you to think about your brain in that same way. And your brain is a toddler and the block, and it reaching for the block are its thoughts.

It finds a cool thought. It finds its favorite thought. It's so excited about it and it just runs it over to you, and you is the conscious you, okay? So if you try to rebel against that thought, not think the thought, feel like, "Oh my God, why does this toddler keep giving me the same blue block? I could care less". Cool, you have the capacity to care less, and also you can just hold the block for it, right? Because then, the toddler it's going to go back to playing, simple. Versus if you say, "I don't want the block", you throw the block to the other side of the room. Could you imagine? I'm sure people do this, right? You make it into a big deal.

What does that toddler then think about that block? The block is special, maybe there's something wrong with it. There's something wrong with the toddler for picking the block for thinking that that blue block was cool. It goes into this whole territory that quite frankly, with us and our thoughts, we don't need to go there. But that's what decision fatigue is, it's us being offered a block from a toddler and throwing the block and having our own hissy fit that that toddler would ever just offer us a block. That's what decision fatigue is, that is an exhausting cycle to be in. So of course your brain, and this is very meta now because your brain is serving you a thought, of course your brain is going to think that dieting and weight loss are the same thing and that they are hard because it's just been given that block enough times that it then rebels against it cause it doesn't want that block, okay? So weight loss decisions can actually be easier than the decisions you're making now. All that really needs to change is noticing and coming into the present moment.

So that's why when we make the 24 hour plan, you make your best guess, your most loving, right? Your most values driven guess and decisions for your meals for the upcoming day, and then you hold to them from your values. So when someone offers you a cookie, if it was on your plan, great, if it wasn't, you don't eat it. And it doesn't come from rigidity and lessen yourself as a human and your human experience. But what you're practicing, isn't eating cookies when people offer them to you, because you've practiced that before. What you're practicing is saying, "Oh, I'm staying in integrity with the decisions I made for myself". And there might be feelings that come up around that. Having a feeling is not decision fatigue.

Having a feeling and truly experiencing the feeling, is usually the thing that we're resisting. Think about it. That's why we so often in our culture jump to really restrictive, overly structured diet plans, right? It looks really good on paper, so we just follow that plan. Well, it looks good on paper, but what's it doing for you as a human? Is it really upholding your feeling? Are you ever learning how to feel a damn feeling when you're only eating egg white omelets? No, it has to be the both, and, you have to make decisions for yourself, and make the decision to hold space for your feelings.

I see this time and time again. Once people start to notice, "Oh my God, it's safe for me to experience my feelings". The feelings really only come for about a minute or two. They move through my body when I actually let them, versus me thinking, "I don't want to feel this feeling", right? So I'm going to distract myself. I'm going to numb myself out with food or I'm going to just do whatever so I don't experience it.

When you don't actually ever experience a feeling, your association with that feeling is that you start to build it up to be this big overwhelming thing. And initially the first time you feel it, it might be overwhelming because it's like welcoming a stranger into your house. And you're like, "I don't know what this person's going to do". But over time, the more you allow a feeling just to come into your house, you really start to see, oh, they're all friends. I might not really want to be hanging out with a

certain friend right now, but they just want to come in because they actually just want to leave. They just wanted me to see them. They just needed to be over for a minute and then they can go.

That's how you end the decision fatigue of dieting. That's how that phrase, "I don't have time to lose weight", which also can come in the form of like, "I will lose weight when, dot, dot, dot, when I don't have so many social obligations, I'll lose weight come January, I'll lose weight after I change jobs. I can't be building my own business while I'm losing weight, I can't be taking care of X, Y, or Z, and lose weight. Okay, that's a toddler thought and that's great. When toddler we're not diminishing it, we're literally just allowing it to do what it's going to be driven to do, okay? So don't get me confused there. That's why I laugh at the example of the toddler, because it's not to diminish at all. When your brain serves you, "I don't have time for this". You just get to honor, "Oh, this is one of the blocks that a toddler might give me. What if I just hold it without making it out to be a bad thing?".

And then you can go do your thing anyway, which might mean sticking to your plan, which might mean allowing yourself to feel restless when you feel restless in the afternoon without having to have sugar about it. It might mean that you might have never really had many issues or problems with food and that our culture decides that that's an empty experience, so you start to stuff in some issues of food. Literally it can look so many different ways, sometimes it's even hard to do this podcast because I'm like, "Gee, everyone has such a different experience". There are a lot of common themes, right? Those different brain patterns that I've talked about on different episodes, but really, your experience is for you. So if you don't have time to lose weight, you can honor that thought and you can still do it. It might just mean you need to feel a feeling about it. I want you to hold onto that this week, okay? Thanks so much for being here. That's the show. I just want you to hold onto that. I'll see you on next week's episode, bye.