

You're listening to episode 142 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 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, pretty people, welcome to the show. The snow has pretty much melted here in Portland, Oregon. There are very small piles here and there in shady areas of the neighborhoods, which I see as I'm going on a daily walks. And it feels really nice actually to be able to get back to those daily walks. I took a brief interlude, not even when it was super snowy out. We actually went on a couple of really long walks in the very powdery snow, but when the snow was melting a few days later, and life was just one big puddle here in Portland, I took a break from those walks. So it feels extra sweet and special to be able to get back out into the neighborhoods these days.

Today, we're talking about perfectionism. Raise your hand if you, my friend, have you ever felt like you tend to be a little perfectionistic about life, about your food, about your weight, about your sleep habits, about your email inbox, about your friendships, about your thoughts on the pandemic, about everything? If you've been perfectionistic, guess what? You're in wonderful company. One of the things that I find most common with people who tend to have traits of perfectionism is that it's coming from this wonderful place.

Now, if you've been around the show for a while, you know that I know that what I believe to be true and what I see every damn day is that we come to our habits innocently, maybe those habits were given to us by someone else's story about us or our role in the world, maybe we came to a certain story or belief because of experience, a reference experience from our past or something that happened that we decided subconsciously was going to shape how we navigate the world, regardless of whether that was a positive or a neutral or a negative experience. We come to our habits, and beliefs can be a habit, the tangibles and the intangibles, we come to those innocently.

So remember, as we're chatting today on this episode, if you notice that you have some of these tendencies, I want you to really ask yourself, I want you to do the radical thing of really calming into a place of being centered with yourself and saying like, what if that perfectionism or thing that now I feel like I need to nitpick myself on, just a little bit to no longer be as perfectionistic, what if that's not actually your job here? What if your only job in learning about that you are reminding yourself that there are some perfectionistic traits that aren't really getting you where you want to go? What if your only job is to have clarity on that and to love the hell out of yourself for every dose and dribble and little bit a perfectionism that has colored and painted your life and your lived experience?

Now really take a minute and soak that in. What if the perfectionism hasn't been a bad thing? What if it's not something you have to get rid of? And what if it's not something that you need more of in order to step into your ideal life? And I always tell my clients, so if they're listening, I've said this to you, the future, that future self, our ideal future, it's not actually a reality. It's not this thing that becomes. It is right now, our future is every ticking second.

So I really want you to drop into this space today of starting to understand that when we're doing what we do on this podcast, which is self-development, that's all this stuff is, weight loss, finding a better job, actually liking your life and doing the things that help you get there, creating, finding, cultivating, welcoming, receiving, nourishing relationships. They all co-mingle because they're all shades of the same thing. So when we are stuck in loops of perfectionism, what I find most of the time is that perfectionism starts to reinforce all-or-nothing thinking. Now we might've come to that all-or-nothing thinking for a whole multitude and host of different reasons, but all-or-nothing thinking at one point in our lives

probably kept us pretty safe and made the world make sense, things are right, things are wrong, you do this to lose weight, you don't do that to lose weight, carbs might work for everyone else, carbs don't work for me, the low fat diet sucked for me, must mean it sucked that other person over there.

So this week, what I want you to start to cultivate and call in for yourself is to become radically curious. Now, radical curiosity is quite different, a different animal than judgment. Perfectionism loves to thrive off of judgment. Perfectionism and radical curiosity can simply co-exist, they can co-mingle in the same room, but they do not inform one another. So I want you to practice radical curiosity around where you notice all-or-nothing thinking, black or white, yes or no, very binary thinking that crops up in your life.

This is a pretty great time, the week or so after Valentine's Day, where I noticed that now a lot of women start to turn their heads towards the spring and the summer. And they start to say, OMG, I made it through the winter, I made it through new years, I made it through Valentine's Day. And by the skin of my teeth, when we start to reinforce thoughts about our bodies, about the clothes we're wearing right now, the clothes that we feel pressure to wear or to look a certain way come spring and summer, we start to think about t-shirts and shorts and dresses and sandals, and being more seen. And the reason all-or-nothing thinking ties into this conversation around where we are right now, is last week of February, around understanding, wait a second. Now I'm looking to the future, I'm trying to have these belief habits about the future, what it means for me and how I should be acting and what I am doing and what I'm not doing. The reason I bring this up on this podcast on perfectionism is that perfectionism in all-or-nothing thinking are very sneaky ways to stay unseen.

Now, if that surprises you and maybe it doesn't, but if it does, just take a minute with that, in what ways does it keep me uncomfortably comfortable, uncomfortably safe? Out of my growth zone, in my comfort zone, in what ways does attempting to be perfectionistic keep me safe? It's our brains short-term solution often to a belief about how vulnerable it is to be seen in the world. Now, who is seeing you may vary. I can't know that. I don't know what's going on in your head, but I can speak to general themes that come up, general patterns that tend to evolve over time.

So really getting curious, dropping into that radical curiosity. One way I invite that is through free journaling, which is just getting like an actual pen and actual paper, going lo-fi, and writing for a full minute, writing out the thoughts that are in your head without having to do anything with them. In fact, even ripping up that piece of paper and throwing it in the recycling and just starting to get out of the loop of the perfectionistic thinking, because where we see one thing is where we see a lot of other things. So if we even feel perfectionistic around how we journal, that's a beautiful clue that might start to show us at that pattern, it's not abstract, it's not there in a vacuum by itself. That pattern is there, informing how we do a lot of other things.

So if you are someone who is now in that space, where the history of getting through the holiday season in 2020 is now in the past and even Valentine's and any of the thoughts or feelings, positive or negative around that are now in the past. And now you're firmly in February, looking ahead at the spring and starting to notice there are some all-or-nothing thoughts about being perfect, about how this year is going to be different around your weight, here's how you break the cycle. You stop dropping roll with having to figure out and get better at being nice to yourself. You stop making that one more task to do, because that can become very all-or-nothing too. I see it all the time.

What you do instead is that you drop into radical curiosity and how you do that tangibly this week, we're going to expect you all to do this, you do this by opening up a true journal piece of paper and you write out for one minute without expectation all the thoughts that are in your head and you just let it flow. And then when you're done after that minute, you take that piece of paper, you rip it out the journal or for the piece of printer paper, whatever, I don't care, you rip it up and you throw it in the recycling. You allow that to be the radical act that you take that it's different. And that's it. There's no fixing involved.

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There's no overwrought, oh my God, how do I do that, though, I need a meal plan one more thing? I need to do this. We allow all the thoughts just to be. And I swear if you show up to that one minute practice every day this week, your life will change.

I challenge you to free journal for one minute every single day this week, and just see what happens, see what you notice around these traits of perfectionism and how they influence you when it comes to your body, the food choices you make, your satisfaction, your appetite, all of it. Ready, set, go. I'll see you on the next episode. Did you know you can find more support from me and my website? Go to luciahawley.com to connect.