

You're listening to episode 145 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.

Okay party people. I have a banger of an episode for you all today. And by the way, let me just add this in, like if you want to help a girl out, because we all take care of each other, if you want to help me out, please take a minute to leave a review on Apple Podcasts from your phone. Just go in there, leave a five star review if you will, and say a couple of nice sweet words about what this podcast means to you. It would mean so very much to me. And if you want to go above and beyond, feel free to share this podcast and my work with people you know and love in your life.

Part of dismantling diet culture, and the diet cycle is starting to normalize conversations that are embodied and safe when it comes to our body weight, our body thoughts, our thoughts on weight loss on fat loss and muscle gain, on nourishing ourselves on showing up to our one beautiful life. How we normalize that is that we start to create more and more conversations. We become the leaders in our lives that do the scary thing ahead of time. So this is my call to action for all of you, share the podcast, let people in on the fun and take a moment and leave a podcast review. It would mean so very much to me. And it'll keep this podcast going and going, and we're going to keep having more and more party people here. It's going to be amazing.

So today on the show, what I want to be talking to you about is a difference between reflecting and acting. Now I share this of course from my heart because I am a top notch investigator. I am a superb sleuth. I am a devilish detective, and I would bet many of you are too. In fact, this is a very common theme I noticed with women in my community and that I work with. I love you all. Something that I noticed that is super common, and quite frankly, very common in coaching in general is that many of us can have the mental habit of being really good at reflecting and being introspective. And this is something that can be a double edged sword.

We can be so good at reflecting, so good at being introspective, that we become known that in our lives. We're the go to friend, we're the grounded person that people go to when they need someone to listen and reflect back to them what's going on in their lives. You might even be in a position professionally where you are the listener. You input and take in all the information and you reflect on it and you interpret it for other people. You're the go to for that personally, professionally all the damn time. And so it's no surprise that what is a strength for you in your life right now in this very present moment might actually be part of what trips you up when it comes to losing weight and living a very liberated life.

Now, if that sounds fascinating and you're like, wait, Lucia, tell me more, you're really going to like this episode, because that's exactly what we talk about is how do we start to bridge the gap from being the reflective person, to being the person who is reflective, who also takes action. Because that is the recipe for success that you need, when you're looking to lose weight, you have to be in action. And it's not the type of action that like drains you or energetically burns you out. And I say that also as someone who's like, action seems like a lot of work. I'd rather do another Google search about keto weight loss stories thank you very much.

Action, when it is aligned with us feeling worthy of that action, of us trusting ourselves enough to do the brave thing that feels different, which is action instead of reflection. When we take action from that place, it is an energy input. We are a welcoming well rounded energy that fills our cups instead of depleting them. So I want you to hear that again. When you take the action that is aligned with you

trusting yourself and feeling worthy and creating proof ahead of time of your worth to be taking that action. When you show up to that action, even if it's really weird and your brain is like alert, you're doing something different. I don't know what to think about that. Stop it, just stop it. Do the old thing. How about that old thing? It's right over there. Your brain's doing that. That's okay.

Half of what coaching is, is starting to identify, where are we subconsciously telling ourselves that doing something different isn't okay? How do we start to normalize that recognition in ourselves? And then we just have the permission to go do it. Permission giving is a huge part of weight loss. When you're radically deciding, okay, my weight is like, it's at this number. I don't want it there anymore. I'm allowed to do that. Society is allowed to have its thoughts about that. I'm going to do my thing anyway, from a place of love and curiosity. What you will find time and time again is that lots of thoughts will crop up because when we make change, we're just at odds with our old thoughts, because we're now in the energy of creating new thoughts. That's it.

So I want you this week to get curious with yourself. Is my action, has it actually been that action that is comfortably uncomfortable, where I think I'm taking action by reflecting more by doing some more introspection, by just fact checking a little bit more before I do the thing, but then I never really do the thing? Or are you allowing yourself to take bold action that will allow you, when you're taking that bold action, to fill your cup? Because reflection is great until it starts to be draining because it doesn't actually give you the thing you want. So then you're still spinning in inaction. That's the only problem with reflection.

All of you are like really awesome, super smart, very capable people who are so damn good at reflection. So what I'm trying to say on this podcast is that like you get to be good at reflection and the new skill you can be practicing when you're losing weight is taking action and trust in yourself enough to jump into that action. And trust in yourself enough that when you jump into the action, it is there to support you because you have all the evidence in the world of what reflection does for you. You know that inside and out. But what you haven't done yet, and where a lot of people trip themselves up is that they haven't created proof over and over enough, that action is safe, that action is available to them. So this week, what your actions could be, could be any of the things that I shared with you in that last episode with the free training. I gave you a lot of different action points that you could take, but your action foundation will be that you are shifting from a place of reflection into action. Never forget the intangibles.

How you're thinking about and feeling about your life is an action. That's foundational to everything else. So no matter what, I want you to take the action of asking yourself, what are my thoughts? What are my feelings? What am I believing about myself right now? And will I allow something different? And hey, if you're taking that bold action, I say, reach out to me. Let's partner up and let's get you groovy on your weight loss journey this year. If you have that COVID, I don't even want to say 19. If you have those COVID pounds that now you're reflecting on all the time and that's your habit, I encourage you to flip the script, do the scary damn thing and reach out for help and partnership. Because I tell you no matter what, you are able to lose weight, it can be radically simple, and it will be when you decide to do it. Have a great week everyone. I'll see you on the next episode.

Did you know you can find more support for me on my website. Go to [luciahawley.com](http://luciahawley.com) to connect.