

You're listening to episode 172 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, welcome to the show, have I got an episode for you. Listen y'all, we need to talk about goal weights. We got to talk about those numbers that allegedly and apparently haunt you at bedtime, taunt you in the morning, and make you feel like if you just took one more good poop, maybe you'd be closer to it.

If you're feeling a lot of emotions around the scale weight and around having a goal, whether you feel like you shouldn't have a goal because you know a lot about the scale number and how it's a clunky measurement of what's actually happening, you know that your worth and the worth of the scale are two completely separate, different things, and yet you still have a sneaky feeling in the back of your head about a goal weight and how there's still this number that just hangs out, it kind of lurks around, and you're like, "I know I shouldn't care about it, but I do," this is totally the episode for you, because I want to help you debunk not only what a goal weight is, but why we even have them. What do we do with them?

Because here's the thing, if you have a goal weight, and you're using that goal weight, that number, that three-digit number, as a form of motivation, what I want to tell you right now is that that number's going to stop motivating you at some point, and probably it stopped motivating you a couple of decades ago, or a couple of kids ago, or a couple of seasons ago, or in college, or in high school, or before that. So when we're talking about goal weights, what I need you all to be thinking about this week is if you're going to set a goal weight, you have every right to.

Now, usually what people do when they decide to get the gall to lose weight is that they set a goal weight, let's just say in this instance that the goal weight is like 30 pounds away, okay? Just for ease of conversation. So your goal weight is 30 pounds away, and you feel like if you were to just give it one more good old royal try, royal effort, the royal treatment to your weight loss, that you should be able to lose 30 pounds in like three months. You feel like that's approachable.

Here's what I want to offer to you. Any time you have an amount of weight that you want to lose and you start to think about how much time it would take you to reasonably get there, I need you to double the length of time. Yeah. Because here's the thing, when you lose weight for the last time, you're actually... Your emotions may not feel this way, but tactically what you actually need to be doing is feeding yourself like you give a damn, you need to be tending to your emotions like you give a damn about them too, and you need to be practicing those together.

Because of course, anyone can lose weight quickly, and you can lose weight quickly without dieting too, but that's not that useful for people. It's like the old adage of would you rather give a person a fish and they eat for a day, or would you rather teach a person to fish, and then they'll eat for the rest of their lives? It is the same principle with learning how to lose weight for the last time. Of course you can diet and get down in the pounds quickly, how many of us have done that? But wouldn't it be way more fun to actually learn how to feed yourself in a way that you like, that aligns with your values, in a way where your food is no longer an emotional thing, it's just pleasant, because you've actually taught yourself how to eat for your life, and then you let the weight fall off as you practice that, instead of practicing the on-again, off-again of dieting?

I really need you all to hear this and listen to this, and soak this in. This is what we're doing when we're losing weight for the last time, it's what my folks do in Lean and Liberated, it's why I say, "Okay, if you're

going to be focusing on some amount of weight, think about a half-pound, maybe up to two pounds per week." If you're losing a half-pound a week, put that into your calculation of your goal weight, okay? How many weeks would that be? Okay, how many months would that be? Okay. And then double that, because you got to give yourself time for life, when life is life. Y'all know me when I say this, life is life, and we want to love that about life.

Of course, we're going to have a back-to-school season where there's going to be unexpected stuff, duh, whether we're in a new phase of this pandemic, or feel like we're kind of out of it, but we're kind of not, or any other year, of course, we just get to expect that. Do you see how this gets to be part of the emotional work of losing weight for the last time? You actually get to slow your roll, and you can go faster when you fill your role right now.

So when you're practicing setting a goal weight, first off, I want you to just play around with the idea of having a goal weight. For some people, that goal weight might be closer to 80 pounds, 100 pounds plus. There's no problem there, but what I want to offer to you is that if that goal weight is feeling like it's very far away, and you notice you get into a pattern of othering yourself from it, right? You start to drag your feet and look at the ground and kick stones and pebbles, like "I'll never get there. I can't do this, it's too hard. It's too much to surmount, I can't. I can't do it unless I'm motivated, and who could be motivated for 100 pounds?"

What I want to offer to you is that that is like trying to motivate yourself to know how to water ski the very first time you're ever going to hold a pair of water skis, and oh by the way, you don't even know how to swim yet. If someone were to be literally hyperventilating on a dock because they want to water ski so bad, they're excited, they want to water ski so bad, but they don't know how to swim yet, but they feel like they should have so much pressure, like they should know how to swim by now, if you were watching someone go through that, would you say, "Yeah man, tough nuts?"

Or would you say, "Cool, let's come back to the water a few times, let's play in the water first, let's dip your toes. And over time, you learn how to doggy-paddle, and over time, you learn a couple other swimming moves. And then over time, at that point, then we can play around with putting those water skis on your feet, and then we can go from there?"

If you have a weight goal that you notice you're in an emotional pattern of othering yourself away from, here's the thing, you get to both slow down, like I've already described, and also I actually need you to play around with the fact that part of this process might mean that you're... How do I put this? You're becoming comfortable with the slowdown, meaning you're not beating yourself up if what would serve you best is focusing on a 10-pound goal instead of the 100-pound goal. Right?

Because it's very easy to get into the brain pattern of discounting. That's a really, really common one I see a lot with my clients, that they'll have goals, they'll set intentions for themselves, and they'll actually smash them, they'll totally walk them, and their brain initially will be like, "Yeah, okay, cool, next." Like, "Yeah, well of course I did that, I do stuff like that. Oh, you want me to celebrate? No, I don't really celebrate." Our brains can become so enamored with the idea of discounting as a way to support our egos, and yet also keep ourselves very separated and away from the things that we are actually... Literally have proof that we're moving ourselves towards.

So when you have a goal weight, your first job, number one, is to play around with what your expectation is in terms of obtaining that from a timeframe. Number two, you're also going to be looking at that goal weight in terms of, "Do I even want to be thinking about that end goal weight, or do I want to play around with one that's closer to me so that," this is key, folks, "So that I can practice noticing if I'm othering myself, if I'm discounting myself, if I'm engaging in all-or-nothing thinking, so that I can practice creating comfort and safety within the 10-pound goal instead of the 100-pound goal? Within

the 10-pound goal, can I give it all I've got in terms of allowing myself to so love myself in that process of losing 10 pounds first?"

Because if you've listened to episode, How to Love Yourself Down the Scale, this is how we do it. You don't discount, discount, discount, discount every time you hit another 10-pound goal, and then expect that 100 pounds, you're like, "Oh whee, I know how to celebrate, I know how to enjoy this." No. You learn how to celebrate and enjoy the half-pound, the quarter-pound, the one week, the one pound.

This is how you lose weight for the last time. Do you get the difference here? So often, our culture of dieting says, "Do whatever you've got to do," emotionally self-flagellate, and never ever celebrate until you get to the big goal, and then what do you find at the big goal? You're like, "I don't... What am I doing here? It was really hard when I got here, I'm going to celebrate for a second, but I haven't even known how to feel good enough up until now, and now there's all this pressure to feel good enough."

No. That's like saying that you put the battery in backwards, and then you wonder why the toy doesn't work, or the alarm clock doesn't work. You've got to hold onto the battery, look at the battery, understand how the battery works, and then let yourself put the battery in the right way so that you can then actually reap the reward of what it is you actually want, because let's remember, what do you want with weight loss?

You want to feel really great, you want to feel really confident, you want your health markers to come back within range, you want to be able to think about more things than just what you've been focusing on for however many decades it's been, right? That stuff doesn't magically happen at a goal weight. So if you're sitting around, being like, "I need a goal weight," or like, "[inaudible 00:12:15] this one goal weight, but now I hear that with body composition, you shouldn't have a goal weight, I should be focusing on increasing my metabolism. O-M-G, I don't know what to do, I'm gaining weight, must be muscle."

If you have the brain noise, I invite you to make it very simple. I invite you to choose a goal weight for yourself and practice ownership over that decision, full stop. And then I invite you to take your time with that goal, to break it down and chunk it down, and make those decisions and take ownership for those decisions. And if you have thoughts and feelings coming up in that process, y'all, I'm going to invite you to work with me in Lean and Liberated, because that's the work we do in there, I teach you how to feel your feelings. I help you understand where those root beliefs are coming from that make you feel like you have to other yourself from an easy, seamless weight loss experience.

I help you understand those stories that you've grown up with from diet culture at large or at small, right? Those things that people say to you that stick with you for your life that maybe are so internalized now, that you don't even know that they're impacting how you eat. We take all of that stuff, and we let it be okay. It is okay that you're a human having a human experience. It is okay that you have feelings that you're not quite sure what they are, but you're going to be able to feel them. I teach you how to do it.

And then you have a blast, and you turn the volume up on your life, because you know what you need to eat, you eat it when you're hungry, you stop when you're satisfied, you're unfollowing all of the accounts on social media that make this stuff so overwhelming and so weird, and you just let it be simple. I promise you, when you practice simplicity with weight loss, and you celebrate yourself along the way, that's how you get to the goal weight, so it's less about, "Do I need a goal weight?" And it's more about what are you going to take ownership over, and what are you going to start doing about it? A little bit of Lucia tough love.

So this week, decide, "What am I going to do? Is it a goal weight? Is it a chunked-down version of the goal weight? What is the timeframe? Am I doubling that? Am I letting it be slow so that I can build a life

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that I love, so I can practice that instead of practicing diets that leave me worse for the wear, and that aren't even honoring my hunger or my satisfaction?" This is the most logical way and the most loving way to lose weight.

I'm here for y'all. When you're ready to do it, you just shoot me a message, we chat a little bit, and if we find that it's an awesome fit, then we giddy up and go. I don't do launches, I don't make... There's no false scarcity, I'm here so that y'all, when you're ready to lose weight, you can hop in and get going. I love you all so much, and I'll see you on the next episode, bye. Did you know you can find more support from me on my website? Go to [luciahawley, L-U-C-I-A-H-A-W-L-E-Y.com](http://luciahawley.com) to connect.