

You're looking to episode 189 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 protocol 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. Hope you're doing great. Hope you are splendid. Hope you are rolling with the punches of the winter and the winter of another year of a panini press. Someone said that like once, instead of saying pandemic, they said panini press on Instagram so that the algorithm wouldn't read the text. And I thought that was so funny. I've literally clung onto that little bit of humor I think for the last year. I think someone called the pandemic of panini press over a year ago, and I still find it hilarious. So I'm still going to say it, regardless. I.

Personally will share that it's been an interesting couple of weeks. I have had mostly really neutral, a very safe in my house, very safe just across the board, lots of privileges that I'm so lucky to have that afford me a pretty comfortable experience through this pandemic kind of any way you slice it and at the same time. And I think a lot of you feel similarly, when the pandemic comes up, when I talk about it with my clients, or just with acquaintances and friends, with any of you if we're talking in the DMS or what have you, I think a lot of us are in a similar boat and part of our own work is allowing things to be tough when they are tough without having to shine them up and make it so like having to remind ourselves, "Oh, but I'm so lucky, oh, I can't complain." Or, oh, this or that.

Anyway, I've been feeling pretty great the last couple of weeks. It was really refreshing coming back from Florida. And at the same time, I've been in a bit of a lull, and it took me and the reason I'm Sherry and this is just to say we all get to be human, and I get to remind myself of that too. I had to remind myself that I get to afford myself not only the privilege of moving through this time in the way that I can, but that also means that I can, if I would like, choose to lean on the privilege of allowing this time to be a bit of a hibernation. And when I realized that, it was kind of like last week, I hit a bit of a, just a wall that surprised me. And it wasn't a big profound wall, but it was there.

And it was like a hurdle, and I was like, "Oh, I just tripped over it. Hi. Didn't see you there." And I really had to be with that feeling of a little bit of grief around, it's such a privilege to have this hurdle and I still don't want it. And what is it asking from me? What can I offer it that's going to offer something for me? And that was a feeling I needed to be around and with in order to sink into, oh my gosh, if I'm feeling low energy during still pretty much the darkest time of the year, we've got what, 15 more minutes of light these days than we used to? Okay. Be tired. You want to just wake up when you wake up on the days where you're able to do that? Okay. Do that. Is it even sleeping in or is it just sleeping enough?

You want to go to bed early some nights and you want to stay up late watching a movie the other night. Great. None of that is a problem because you'll self-regulate, and that is a theme that I wanted to offer today before we get into the subject of the podcast. But I just wanted to offer that as, what if you could just trust that you will self-regulate. Trust is a big subject that my clients and I come back to pretty often.

I just actually had a client called today where we were talking about trusting, trusting not only our hunger, but also our appetites and trusting that our appetite will change month to month, even for those of us who have menstrual cycles, but it also might change when you are battling a little bug or when you're a little bit stressed and you don't have to chase your appetite or your hunger, but you can become aware of it, allow it to not be a problem when it fluctuates and just expect. Of course. Of course, I'm going to have an appetite who will have some fluctuations. If it surprises me, it doesn't necessarily mean it's bad. It's just an invitation into being with that. A.

And so along those lines, today's episode, we're talking about creating goals from possibility. And I found this to be fitting because when you're stressed out, when you're feeling overwhelmed, when things are feeling chaotic, when you feel like life is way too life-y, guess what. Any goal is going to feel really far away unachievable, and the idea of being in a place of creation of a goal. And I'm going to use a weight loss goal here for ease of example, but use this for whatever comes up for you. It doesn't have to be a hard and fast weight loss goal, right? A scale number goal, a clothing size goal, a functional feeling goal. Whatever it is I want you to hear today, that goal creation is a creative process.

I think we think it's a logical, analytical process. I don't know if that is how school taught us or if that's just how culturally we speak about things. Or if that goal orientation becomes part of our work identities, and then we have this relationship with goals that feels very much like we have to obtain them and obtain them. And if we're not, then we're not doing enough, and we're going to be penalized for that. But I think a lot of goals, especially health or wellness goals or aesthetic goals, goals that are just for us by us, goals are creative. We're literally deciding to innovate when we decide upon a goal. And here's the thing, if you think about an artist or someone who is outwardly quite creative, they're probably going to have a harder time being with their and in their innovative spirit when they're stressed the heck out.

And I don't think it's any different for you or for me. I don't think it's any different for someone, whether they define themselves as very, or not so creative. And TBH, I think all humans are creative. I think all humans are artists, and we just have these different expressions of our own humanity, but that's a subject for a different time. But I want you to hear this because in January, people have lots of thoughts about goal weights and desires for the year and resolutions. And this year, I know I think I talked about this earlier, and this is why I talked about the habit or brought up the habit honeymoon episode last week is so often the New Year's resolutions idea, there seems to be a couple camps. One camp is like, "Ah, January a fresh new start. I'm so excited. This is feeling nice to look forward and plan ahead." And then there's the other camp that's like, "Oh my God, I feel pressured. I don't want to try to do one more thing. I'm overwhelmed this holiday season with blah, blah, blah, and resolutions are not exciting me. I'm feeling like they're one more to do."

I would posit a guess that the people who get excited about New Year's resolutions are the people who have the cup that is feeling a little bit more half full. And the people who... And this might change year to year, or it might be more of a constant. And the people who are not into the New Year's resolutions are feeling like their cups are half empty and/or really empty. Guess what? Whether it's a resolution or a goal, let's honor the fact that no matter what decision we try to make from a place of stress and overwhelm and depletion, not only might that goal seem difficult to obtain, but it also might not just be as beautiful and expansive of a goal in and of itself because it's hard to be creative, and it's hard to be innovative when you are lacking resources, which is what feeling burnt out, overwhelmed, depleted is. Think about that visual of depletion. Think about the visual of being burnt out when something burns is burning up. There's less of it.

So when you're coming to something like a weight loss goal or a clothing size goal, again, just going to use both of those because they're easy to talk about on this episode, number one, get curious about how you use that to motivate yourself. Is it exciting? Is it uplifting? Does it feel like there's a huge gap between you and the attainment of that goal? Do you feel like you see the steps to get there? Do you feel like you see maybe a step in front of you, which often is the case where a lot of people, and that's perfect. You don't need to see every single step all the way there. You might see a handful of them. You might just see the very first one. Great. Nothing's gone wrong there, but the creation of the goal itself, I would encourage you this week, when you're thinking about a weight loss goal, is get really curious about the level of possibility in which you are able to access the goal.

Meaning if you need some R and R, some me time, some I got this time, whether that looks like a bubble bath, or that looks like canceling your plans, or that looks like holding through with your plans and not canceling on them, whether that means connecting with other people, even if it feels like it's a lot for your introvert self, because the stories you're telling yourself. When you have that cup filled space, that is a space that I want you to be making your goals from. Not from a place of depletion, not from a place of overwhelm. And notice when you do, is there a difference? Is there actually a difference between you deciding, "Oh my God, you know what? This is what I want when I'm feeling full up and taken care of, when I'm loved up on myself. Even if I'm loved up 5% more, is there a difference between the goal that I desire for myself versus when I'm feeling depleted and overwhelmed and the goal that I was set from that place?"

I think this is a... I hope that concept makes sense because it is something that I encounter with clients and is really, really normal. And I'll keep talking about it. I think I'll make some posts on Instagram, and when I make posts on Instagram, I also make them on Facebook. They're fairly interchangeable. So I think I want to make some of those longer format posts that I tend to write about this concept, because it's a little bit nuanced, of really getting curious. It's not only deciding to set a goal, "I want to lose 20 pounds." Okay, fine. But it's also the energy of that goal. Why 20 many pounds? What does it mean? Right. We can think about the goal itself, but also once we sink into, "Oh, the place that I'm making the goal from, that will give us such a rich viewpoint, vantage point of what we think is possible."

And listen, I'm not here to blow, smoke up whatever. I'm saying, just go make big, audacious goals and then always feel good, and then you'll achieve them. That is not coaching. That is not life. That is not reality. I think that's bullshit. I say that as someone who has seen coaches coaching that way. And I think that's really unreasonable in a not good way. I think that's really disrespectful to the human experience. But what I will say is this week, get curious about a goal that you've set for yourself and notice did I set that goal from a place of stress? Am I chronically stressed out? So is it like a kind of that subtle stress?

When I'm in a place of embodiment, whether this week or next week, if I want to invite that in for myself or if I feel like I just need to kind of hold through and it's a later on thing, regardless, what is it that is actually possible for me? Am I allowing myself to dream in that way? Am I allowing for things to be so good? Am I allowing for things to come to me from a place of curiosity, from a place of playfulness? That in and of itself is healing. That in and of itself is a way for us to take a break from the drudgery, from the grind because if you set a goal, lose 20 pounds, like I mentioned before, I'm going to lose 20 pounds, but you said it with the intention of it's going to be real crummy to get there.

And I got to lose that 20 pounds because I need to look a certain way because if I don't other people judge me, and I'm worthy until I hit this certain number, that goal is radically different than, "Oh, I want to lose 20 pounds because the way that I'll get there is by making really loving nutrition choices. And I know this for myself and I'm ready to do it. I'm ready to be with any emotion that comes up because I know I've got this." Even if I don't know the total path, I know that I can take it one step at a time and that I will get there. So think about that this week. What are my goals?

Would they shift as I'm tended to, as I nourish myself? Have I made the goals from a place of stress or have I made my goals from a place of curiosity, creativity and inspiration? What do I notice as I sink into these subjects? I hope this episode finds you so well, thank you for being here. I've been getting some messages in the last week, and it really warms my heart to know that these episodes are supporting you and that I can see from the different messages that I get and sometimes I'll ask to share them and then I post them on Instagram stories anonymously and they get saved. So you can look up these messages that I'm referencing. They're not out of nowhere. They're real people messaging me, a real person. And what I love in these messages of people saying, "Hey, I've used your podcast, the stuff you talk about in your podcast and your posts. And I've set this goal and I've lost X amount of pounds. And I did it in this

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way in the ways that you're encouraging us to do, the ways of thinking about the world that are supportive versus depleting." And what is so cool that I just want to share and reiterate here is that anytime you lean into these subjects, they're only going to bolster you in your you-ness.

And even if the world has made that out to be the worst thing, I just want you to know right here, right now that it is the most beautiful thing and that you are never going to lead yourself astray. You can't do that. Your nervous system there's no... Maybe I need do an episode on this. There's no such thing as self-sabotage. There's only self-protection there's only making decisions subconsciously or consciously from a place of safety. So the more we lean into ourselves, the more we're seeing, "Oh, this is why I was doing that. Isn't that so interesting." The more it's a homecoming. So I hope you feel that when you are also exploring in these goals this week.

So thank you so much for being here. As always, reach out to me. It's all linked up in the show notes. Say hi. Let me know what's on your mind. I can't wait to chat next week. And until then, bye! Did you know, you can find more support from me on my website. Go to LuciaHawley.com, L-U-C-I-A-H-A-W-L-E-y.com to connect.