

You're listening to episode 190 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 yoyo 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! Episode 190, like what? How did we do this? Thanks for being here. I'm so excited to keep growing this podcast. I did a special series of episodes, I actually talked about my own story at episode 100 and then I did another part of that because I've noticed over time I don't tend to talk about myself a ton. And I think sometimes it's nice for people to know who the hell is talking to them. So while I don't think I'm going to do that at episode 200, I've been thinking about whether we should do something special for episode 200. So I'll keep you posted. And the podcast will keep you posted too. You will see the subject of episode 200 in just 10 episodes from now.

So welcome to the show. Today, we're talking about imperfect implementation because guess what? So much of diet culture makes us believe we live in a world where if only we could perform and execute our daily tasks more perfectly, then we'd be living the good life. Like literally I feel like diet culture creates an if then statement, for any of my old school coding nerds out there, an if then, right? If this then that statement, anybody? Diet culture creates an if then statement that is really, really dastardly to try to achieve. And if you have been around, you know, and if you haven't, guess what, there's something called the diet cycle, which too long don't read in the dieting cycle, we make a big, bold choice to do something like a new diet.

And at first we're motivated to do that new diet because we are feeling the excitement from claiming something new, we're feeling maybe some positive motivation because we start to feel better with some of the changes, usually eating a higher quality of food. Maybe we're eating a quantity of more nutrient dense food. So literally we feel better. We feel like we're tending to ourselves. And then what happens in that dieting cycle? That initial motivation starts to wear off because life is life. We have good days and we have not so good days. And then we start to personalize the things that aren't going as well. We start to personalize that life is not perfect, that life is actually imperfect. And the diet cycle moves from that highly rewarding first phase of the diets into the lesson rewarding boringness or chronic exhaustion of maybe a diet that is too restrictive.

And what do you do when something feels too restrictive? Well, you opt out of it, which is actually you taking care of yourself, but in diet culture land, that means that you fell off the wagon and something bad has happened. What do you do? You repent, you feel guilty, and then once you recover from said diet, what tends to happen? You find a new diet and then you go do that one. And then the cycle repeats itself. You see how that is a cycle, not only of dieting, but also of perfection? Literally, the majority of diets and the type of diets that are destructive diets, the diets that are highly restrictive, that are kind of preying on people from a place of scarcity and overwhelming confusion, those diets are creating conceptually the idea that if you are to just be perfect with a diet, then all would be well.

But since you are not so perfect, you must need the diet in order for your life to be good and for you to be good in your life. So it creates this, like I said a couple minutes ago, this if then statement that is highly ... it can feel rewarding in the moment when you're checking off the to-do list, but I just got to say, it's pretty dehumanizing. Of course, we can't do things perfectly. In our human experience, perfect is conceptual. Like literally if you're hearing this, I want you to consider what it is you're really holding onto. But deciding that A, you won't do something or B, you won't stop doing something until it's perfect. You know what I mean? And listen, while I've never identified as a perfectionist, which side

note, I think as an Enneagram type nine, and this has made me think of this before, because I feel like on the surface I could be someone who could identify as wanting perfectionistic traits.

But actually I think because of Enneagram nine-ness, which is being a peacekeeper, it actually stopped me from chasing perfection because does it sound very peaceful to be chasing perfection or does it sound like not so peaceful? Sometimes I got to push myself to do the second draft, do the thing that is not just the B plus work. Anyway, that's the side note. Okay. But I want you to think about the experience of trying to do the diet perfectly, okay. You think about the last time you were within that dieting cycle, whether you knew it in the moment or simply looking in hindsight that there was a dieting cycle that was occurring. Here's what I want you to know this week. What did it teach you about yourself? Trying to do the diet perfectly.

If we were to boil it down, here's one thing I could bet and guess, and I'm going to go out on a limb and make this guess. And there might be a lot of things looking at that diet that it might have taught you about yourself. We love that. That's something we do in Lean + Liberated. You don't come to choices ... well, you do come to choices innocently, but you come to choices emotionally. You're emotionally driven to make different choices. So we can always learn something from that. There's always a reason behind why we do things, even if they feel illogical. They're just often emotionally logical. I mean, maybe not so analytically logical. So think about the experience of trying to do a diet. And it felt like the type of diet, right, when you're thinking about this, the type of diet felt like you kind of had to do it perfectly, whether it was an elimination diet or a certain calorie count or a certain macro count or a certain this or these days and that day, like whatever it is.

I'm going to go out on a limb and say that it at least taught you this about yourself; it taught you that you are imperfect. Here's the thing. That is fan... I'm going to swear. You all know I have an explicit rating on this podcast, right? If you didn't, welcome. That is fan-fucking-tastic that you are imperfect. Let's do something that celebrates and works with your imperfections. No more needing to chase things that create a pedestal of simply trying to reinforce some sort of ego trip around being totally perfect because that ego trip is literally part of diet culture. So when you get to dismantle diet culture, you are also dismantling quite often, parts of your egos, which can kind of ... listen, when we're working at Lean + Liberated, there identity shifts. This is the work that diets don't do because it's so uniquely individual and individualized.

We actually get to celebrate you in your you-ness and with your imperfections because you are not perfect. And that's a beautiful thing. If you were to be perfect, why are you here? Like, what's the point? I think that's also part of an if then statement. Imperfection is when we are feeling perfect. All right, if we're actually feeling perfect, that's mostly about other people and their perceptions of us. Oh, if I am perfect in this person's eyes, then dot dot dot. If I feel perfect based on these ideas which other people have said, then dot dot dot. We're not really going to self-generate perfection. Perfection is from the outside and we internalize it because we're trying to be good in diet culture, because we're trying to stay safe in diet culture. Okay. So first off we're going to celebrate you and your imperfections because those are hella rad. They're really cool. They literally are part of you. It's so awesome.

And that brings me to imperfect implementation, which is the real way to lose weight and keep it off. Why? Because if you find out how you feel when you imperfectly implement something, baby, oh baby, you have the keys to of the universe. There's no longer the emotional drive to use implementation against yourself, which in this case would be a diet, right? How many times have you done a diet and then you start to use a diet against yourself? And you also no longer have to use imperfection against yourself either because how many times have you done a diet and then you start to notice you get a little wobbly with it because it's hella restrictive. And so then you start to use those imperfections against yourself as well. If I can't be perfect, then I won't do anything at all, right?

I know a lot of you, I have people who ... I have people who ask me about coaching and Lean + Liberated, and they're like, "Hey, I'm kind of a rebel. Is this for me?" And I'm like, "Literally I am a rebel, so it's coming from my rebel brain. I coach you because I fucking understand." I feel very fired up. I understand. And when someone's telling you to do something, the last thing you want to do is the thing. That's part of coaching. That's part of understanding. It doesn't make things more confusing when someone rebels against what they're being told to do to me. In my coaching eyes, it offers a lot of information that we then use to support you. So your rebellion on the surface can seem like, whoop, it's confusing. Why do I rebel? More times than not, rebellion when I'm seeing it, is a really useful key and piece of your imperfect human puzzle. So we support you in your rebellion. What? So crazy.

There's no longer the emotional drive to use that implementation against yourself, right? There's also no longer the emotional drive to use imperfection against yourself. And it becomes so delicious you take the pressure off of yourself to lose weight. You slow down the ego driven drive to lose X amount of pounds in X amount of time. You slow down and lose the nitpicking of the food choices, keep them really simple. That's all they need to be. You slow down the hyper management of those food choices and just make your plan, and then you follow through on the plan. And as you slow down and as that you follow through on your plan, you likely will have emotions come to the surface.

And those emotions are what diet culture, in my opinion, believes are imperfect and in the way of you accomplishing your goals. And what I would like you, if nothing else, what I'd like you to hear today is that those emotions that come up when you're slowing things down, when you're making things radically simple, those emotions are the key to your progress and process towards attaining and coming to your goals. This time, we just allow them to be without judgment. You're allowed to have bad days and they can be bad, okay. You're allowed to have amazing days and they can be amazing, okay. That is the point of feeling your feelings. That is a point of moving through and with emotional eating, not for the sake of getting rid of it, for putting like, "Okay, 2022 is the year that I put my emotional eating in the garbage. I'm done with it. Done."

No! Emotional eating is a beautiful part of you. It was a strength for you at some point or maybe multiple points in time. We don't have to judge it. It just gets to be. And the more that it's allowed to be, the more we allow diet culture just to be, the more we allow other people's judgments, other people's feelings, our feelings, our judgments just to be, the more radically simple and the more we can allow imperfect implementation to take care of us and to be a beautiful thing instead of something to fix. So I hope this episode has found you well today in whatever kind of a day you are having. It is whole. So are you. That is the end of our episode. Take this and run with it and I will see you on next week's episode. Bye.

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