

You're listening to episode 192 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.

Hey, party people welcome to the show. Before I get into the meat of today's subject, I want to give you a book recommendation. I am halfway through this book and I have dog eared probably every three pages. It has been such a wonderful read. And I figured that if I resonate with this, probably those of you who listen to this show would resonate with it as well. It's not about diet or nutrition or human health. To that degree. It is about climate change. The book is called saving us and subtitle is a climate scientist's case for hope and healing in a divided world. And the author is Katharine Hayhoe and I am the absolutely enthralled with not only her style of writing. It's both very pragmatic. You can tell that a scientist is writing this book, but it is so infused with humanity a lot. And I'm only halfway through, a lot of the book is talking about, of course the importance of facts around the subject of climate change. It's truth, how we know that, things that we're projecting decades ago by scientists that are already true.

It's talking about all that. And it is talking about how, if we continue to have this conversation around climate change only be about facts, we're going to continue to create more divide and we can see so much divide in this country in how people are in relationship and create whole identities around the things that they do or don't believe or things about if they don't like someone, then they're never going to agree with what that person likes and so use their identities to create divide, take things very personally. Anyway, this book has just, even though it's only halfway through, it's done such an amazing job in my opinion of being, I don't even want to say a middle ground, of being a place of refuge for the people who do want to have conversations, who aren't trying to change people to hop on the agenda of climate change.

I think a lot of us probably resonate with that. You just want to have conversations about things that are happening. I would really recommend this book saving us because in addition to how she's writing about in her own experience, being a climate scientist, when she's doing presentations and speaking to groups of people who oppose climate change and why that is and not how she tried to change their viewpoints, but how she connected with them and their values, that sound familiar. I think that many of you would appreciate reading this book because it actually speaks to how [inaudible 00:03:37] like a drum roll. It speaks to a very similar process that I think you can see in the food and nutrition world. What, how often are we spoken to about the facts on nutrition? Eat less move more facts, calories deficit facts for weight loss Facts, eat more unprocessed food facts, And how many of us are like, I know the facts and they don't work for me.

I don't want to hear the facts that doesn't motivate me to go work out. I don't need another influencer telling me to be in a calorie deficit, like whatever, what do we need when we talk about our relationship to food and wellness? We need to understand what our values are and something we do in lean and liberated. We've done it for years. You understand what are my top five values? What are my top three values? How do I see the world? Can I love myself for that? Are my actions aligned with what I value. As reductionistic as this might seem, I think that can be one of the biggest promoters of health is understanding your values so that you can start to see wow, when this activity or habit doesn't feel good. It's not because I'm a bad, bad person. It's not because it's a bad habit. It's likely just a misaligned habit for me during this period of my life.

What would happen for you if you shifted? How you speak to yourself from that place of like, oh, I need to get up earlier. I can't believe I sleep in or whatever it is into. Oh, I have these values in sleeping in, in the way that I've been trying to motivate myself out of it. I can see why I was sleeping in because I was so tired. I can have compassion for that. I don't even motivate myself to get out of the bed, but now I can start to see that with compassion why it is that on the days I do wake up earlier, I feel like I have more of the day to myself. I feel like I can move through my daily tasks with more ease, with more flow. You can start to get in touch with yourself through the lens of your values without having to overly manipulate yourself. Because just like trying to sway people with facts, usually doesn't get us very far, the same thing happens with ourselves because don't forget you're a person and your person in relationship with yourself.

So of course, trying to motivate yourself with facts and trying to make yourself do things for reason that you don't understand that don't even align with your values and you might not even be sure what your values are. Of course, those actions and habits either are going to fall to the wayside or they're not going to feel very good. So, anyway, saving us just a wonderful book, I don't know when it released, but I know it released very recently. So it's a very new book. You can tell in the book, she references the pandemic quite a bit. So recently released, a really beautiful read, not doom and gloom, but it does talk about climate change. So if that is a subject that brings up some anxiety for you, I still might recommend this book because it is so loving and supportive in how it's written from a place of it's very grounded information.

Anyway, let's get into the meat of the show. Shall we? If I think about meat of the show, I like think of like a stockpot and there's this big piece of like pork in there not to pull the pork apart. Like you didn't do the meat. I wanted to talk about motivation today. And specifically in 2022, I'd like for you to humor the idea that your weight loss goals do not need to and can actually come from less motivation. Like you don't need motivation in order to lose weight. Let me say it again. You don't need to be motivated to lose weight.

How many times in your life have you lost weight in ways that in reflection, surprised you. Not every client of mine, but a decent handful of them and I don't ask every single one so I might not, I can't know for sure, but a decent handful of my clients will at some point mention that there were times in their lives, in the past where they weren't even trying to lose weight, but they lost weight. And it felt really good. And when we talk more about those times, there were times that they were feeling pretty in flow with their lives. They weren't having to motivate themselves every single day to do the weight loss things. Because really I'd like for you to think on this, what are the weight loss things?

Here are a couple and there aren't many. Number one, you're going to eat enough food to allow your body to tap into its body fat stores for energy. You're not going to eat too little food, because if you did, your body will send you signals to eat more food. So you eat enough food. And number two, you would allow yourself enough movement so that your body gets a signal that when it's dipping into its own energy stores, it's going to get signal to use body fat instead of lean tissue. It doesn't mean you do so much exercise, too much exercise that your body then gets the signals to increase its appetite so that you eat more to compensate for the extreme expenditure of energy. Meaning, you get enough exercise, but not too much. And here's how you know, like it's those two things and then you do them consistently. What? Here's how you know whether those are working.

You allow yourself to have a visual representation of changes over time. That can be using the scale. I like to have all my clients weigh themselves mostly so that we can understand their relationship to the scale and the relationship to that number. Can also be using clothing and how your clothing fits, having a certain outfit that you try on and you notice over time how it changes, could be body measurements that you take over time and how those change. Have lots of different episodes in the past that talk

about those things more specifically and then you just do those consistently. And we're almost at 200 episodes, so I don't want you to think that I'm just saying this very blithely.

That's like, oh, just eat a little bit less, move enough, move more and then you're good. But I do want to say that I think diet culture, especially when it's at its intersection with anti diet culture, which if we're not aware of how we're feeling, we can feel motivated to label ourselves as anti diet culture or as intuitive eaters. But we see still have the relationship with ourselves of dieting. If we're not careful, I notice that there it's very easy to apply any label to ourselves, but still have that the values that aren't quite aligned with the labels.

When we think about motivation this year, what I would love you to just play with is really expanding into the opportunity for your weight loss to be very, very simple. This is also [inaudible 00:11:53] liberated. We focus, I can make things so complicated in there, but I don't want to. I could give all the nitty gritty on nutrition. I give you what you need to lose weight. I could go into all the nitty gritty on emotions and our brains. I give you what you need to feel your feelings. And I do that so that you can start to practice and practice is playing and as adults, we try to decide that if we motivate ourselves enough, then our lives will be really good and then we'll feel happy. We'll feel confident. We'll feel amazed with ourselves.

Any of those feelings are going to come from this energy of being less stressed, not more. So if you're approaching motivation from a place of stress, it's just going to create more stress versus if you allow, I always imagine just like fingers that are white knuckling, holding onto something, just peel off finger by finger and show yourself, oh, I don't have to white knuckle onto motivation anymore in order to pursue this goal. I do need to be consistent but the consistency won't come because of the motivation that I feel I'm lacking or that I need more of or I need more consistently. No, instead of what's going to happen is that if you start to peel back finger by finger, knuckle by knuckle, digit by digit, that those hands that are grouping so tight the end of the motivation.

What you're going to find is that what you want more of you actually have to practice, if you want more of it. If you want to feel amazed by your life, you've got to start that now. You have to choose to look for amazement in your life today. If you want to feel proud of yourself, confident in yourself, you actually have to let go of the motivation, put it down. It'll be there. You've got to practice pockets of confidence today. Pockets of pride today. So that's why the tangibles of weight loss are very simple. You don't need to be motivated by them and it's why practicing feeling those feelings can be the most profound step of it where it isn't about clean eating or veganism and if you do have a certain label that applies to you, that's great.

But to be in a relationship with these different labels of, oh, this diabetes is going to save me or oh I'm just missing this, I'll just keep waiting until I hit this certain piece of information. I want to offer to you that it doesn't have to be like that. And if you feel like it does, then that's just what is going to generate itself more and more over time, which is usually what even, what feels so good. So, I want you to just be with that this week. Just practice being in the playfulness of releasing away from motivation what comes up. You can give yourself permission just to feel it without having to fix it. So play with that this week, reach out to me as always and I will see you on next week's episode. Bye.

Did you know, you can find more support for me on my website. Go to luciahawley.com to connect.