

You're listening to episode 195 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, pretty people. Welcome. I'm excited to be talking to you. I just got home from a walk and it is one of the windiest days we've had in a while here in Portland. And I learned a couple weeks ago, that not everyone, when it's cold outside, not everyone feels like they can't talk because their lips get really cold. I guess, some people's lips stay warm.

But I was walking my dog, Hazel, and I was maybe three blocks away from the house today. And I was, yep. It's hitting the cold level where my lips, if I had to talk to someone right now, it would be a bunch of mumbled words. But now I'm inside. I have some delicious beef stew for lunch with Jojos, homemade Jojos, which they were my first attempt and they were delicious, because they're fried potatoes. But to be honest, I made them in the air fryer.

And I think you just need to make fried potatoes deep fried. So they were tasty potatoes with a yummy beef stew. I have warmed up. I can speak again. I'm pretty sure I can enunciate. You can tell me what you think. And today, I want to talk about an unsexy subject that is literally, literally, I don't want to be hyperbolic here, but it is literally so important when it comes to losing weight.

And really, I hope you all know that when I'm talking about losing weight, I really mean allowing yourself to be at the shape, size, whatever you want that is allowing you to be more embodied in your life. The radical liberation is that the scale weight, it doesn't matter. Your amount of muscle mass, it doesn't matter. How much water you drink every day, not like all these metrics that we'd love to talk about and how much they matter, they don't.

What matters is your radical joy, your radical happiness on the wonderful days and on the harder days. And so with that, I do want to talk about when you have a goal for yourself, which is what weight loss is, is that it's really looking at how am I living my days. And is that with clarity, supporting a goal I have, right? Whether the goal is maintaining, whether the goal is increasing strength, whether the goal is losing weight, is it in support of that goal I have for myself in the short term or the long term. And if it is, cool., Bob's your uncle.

Good to go. And if it isn't, would I like to investigate why that is? That gift to shift the locus of control or the locus of being in charge from this external thing of, oh my gosh, diets don't work for me. Or, oh my gosh, diets are the only thing that works for me. On again, off again. On the way again, off the way again. All or nothing, black or white, this or that, yes or no, good or bad. Right? Versus really allowing yourself to dun, dun, dun, feel your feelings, understand from a quiet place, what is it that I'm seeking.

Why is it that I'm seeking that? And how is it going as I'm seeking it? So on your seekatude, in your seeking journey of losing weight, the number one difference between someone who starts to lose weight and falls off and makes non-diet weight loss another diet. Because we can do anything we want.

Because we can think lots of thoughts versus allowing the tools to be simple, allowing the ins and outs to be simple of feeding yourself, nourishing yourself, moving your body to be alive in it and resting, relaxing while managing stressors that come up along the way. Because life will have stress. We don't have to stress about that. It's going to be a given. We'll be stressed at some point.

Once you start to see the ins and outs of those, the biggest difference. Do you like this five minute buildup I have here? The biggest difference between the people who achieve the goal, their life affirming values driven goal of losing weight and maintaining that weight loss versus the people who are

on again off again saying, "Well, I've done the work. I've done the intuitive eating. I've done the diets. I've done anti-diet. I've done it all and it still isn't working."

The difference is, listen up, get close, patience. It is going to be the least sexy thing I could tell you. Because it is not the boner alert of, oh, you just need to think this or feel this. Or oh, actually it's a secret super food that I'm going to sell to you with my affiliate link. Woo hoo. It is something that is free, it is something that we all have access to and it is something that we're very practiced in turning ourselves the other way from.

Think about in our culture, how rewarded we are for being patient, not very. Think about the things that we practice in our days, what we practice at work, what we practice at home. You might have patience in a moment, right? Dealing with when a kid is having a tantrum or wants something from you or being patient to check your email the next day. But I think our scope of patience for weight loss has to be a little bit more dramatic than just a day or a week, or even two or three weeks.

I don't think it's uncommon to be on a weight loss journey, be doing the thing, right? Choosing actions that support you in your life right now that are coming from your values, right? This process gets to be for you by you. And there's some general basics about human health, but nothing at all that's surprising. After that, then the work becomes consistency, for sure. And once you are consistent, then the work becomes patience.

I can tell you that for most people who are losing weight in this life affirming way of not doing a dramatic, very low calorie diet. Okay. Of not beating themselves up in the gym and then later having to figure out their adrenal issues. What gets to support you is cultivating your patience. Because most of the time, if you're looking for visual changes, right?

If you're looking at yourself in the mirror and you're, "I don't see any changes. Oh, this sucks. Oh, why is it so hard for me?" First off, those are not very kind thoughts that you're thinking to yourself. That might be a subject for a different day. But number two, you would be amazed how many pounds of weight loss would be required before your brain would give you the opportunity to look in the mirror and say, "Oh, things have changed."

Hold with me for that. Are you allowing yourself to have the opportunity to practice and cultivate patience? I would say nine out of 10 times, we do not, because we do not believe that we can trust ourselves with our actions. We look for the quick gratification. And if we don't feel how we want to feel from that short term gratification that we expect to be there, then we think something's gone wrong, versus allowing yourself to trust yourself for long enough to know that you cannot mess this journey up.

Do you see how patience is actually an arm of self trust? And we don't turn the volume up on our self trust by just saying, "Oh yeah, I trust myself." We get to show ourselves through loving action that we do trust ourselves. And that showing ourselves through loving action, which is consistency then gets to be get and co-create. It sounds very woo woo. But it then builds into, oh, I am practicing patience.

And listen, your reason for practicing patience gets to be also for you by you just like your weight loss. They all get to funnel in and come from this same energy. So this is my note to you this week that I really want you to get curious. Okay, if I'm making a change, am I open to cultivating consistency with that change for a minimum of three to four months before I expect something visually from myself?

Can I hold tight to saying kind things to myself when I look at myself in the mirror? When I'm putting on the hard pants? When I'm stepping on the scale? When I'm stepping out of the shower? When I'm going to bed at night? Can I hold true to kind thoughts about myself that I know are true right now? You don't have to tell yourself that you think you look like the baddest B around if you don't believe that.

But I bet there are some kind thoughts in your head today that are less practiced than the unkind thoughts. And it's those kind thoughts that are accessible to you that are going to support you in this journey of consistency. And once you're supported in your journey of consistency, that's when you get the opportunity to practice the journey of patience.

And it will be radical because you'll look around, and this is an assumption of mine, but here it is, you'll look around and you'll see that most people don't practice patience. Most people want that instant gratification. Most people feel uncomfortable because instant gratification has been practiced more. So it feels uncomfortable and their brain will say, something's gone wrong because uncomfortable, being uncomfortable is stressful. And when I'm stressed out, that must mean to that deep inner brain of mine that something's gone wrong, that it needs to be fixed.

When actually, what if everything is going right? What if everything is going right when that patience is being cultivated and you don't get the instant gratification. Or if you do, it's a nice, it's like a [inaudible 00:12:45] oh, that's nice. That's why I encourage women in Lean and Liberated to use the scale. Not because we really care about the scale weight all that much.

I'm sure plenty of you have seen enough before and after photos that the scale is only one kind of clunky metric, right? You've seen the people who've put on a lot of muscle and have lost fat and their body weight has stayed pretty much the same. And aesthetically, that's what they wanted for themselves. Okay. You've seen other stories too. So we know that the scale weight is not the end all be all of the weight loss journey.

So why do we weigh ourselves every day and take a weekly average? Because it's part of understanding the thoughts that you're thinking, the things, the stories that you're telling yourself and how you're making yourself feel every day, the choice. And once we unpack that, when we start to feel safe. Can you imagine how feel if you just stepped on the scale and it was neutral?

You'd probably have a lot more emotional energy to do other things in your life, which is why you're wanting to lose weight in the first place. Right? We don't want to lose weight in order to be miserable and unhappy. That's exactly why we stop the diets because they don't give us the peace that we actually want, that we say is unspoken. If you poll people, why would you want to lose weight? Their responses are going to be, "Oh, to have more energy. I'd like how my clothes fit. I'd feel more confident. I would date more.

I would, whatever, I'd be an example for role model for my children or I'd be a better caretaker. I'd go for the next promotion at work. I wouldn't feel so tired." Whatever it is. Sure, physiologically the weight is going to facilitate some of that. That's just... oh, it's not. What's the word of I'm looking for. It's not thermodynamics. That's the calories in calories [inaudible 00:14:46] But it's just functionally of course, things are going to feel easier when there's less of a weight load on your body chronically.

Sure. And if you have more muscle mass, definitely. But if you keep digging into the why behind that, it's the feelings that people are after. So this is my invitation to you to practice the feeling of patience first. And that patience is rooted on self trust. And self trust is going to come from what you're thinking about yourself when you're looking at yourself, when you're thinking about yourself, when you're not looking at yourself.

When you're hiding your Zoom video because you don't want to be distracted by how you look because all those thoughts you have are kind of unkind, pretty mean thoughts you have about yourself. When you practice the patience, that is when you get to show yourself, oh, these are the conversations I've been waiting to have. I'm uncomfortable with them right now, but I know that I do actually have the capacity for them. And I'd like to explore it.

I'm telling you, when you allow that to be the process, then weight loss is really simple and hella boring. Now don't confuse boring with bad. Again, that is something that I think our brains love to just, Oh, have a very fine line between. Boring must mean bad. But again, what do you actually want from a style of eating that allows your body to settle in at the weight that you want? You're going to want it to be boring, because you're not going to want to have to think of out it every single day, day in, day out.

So this week, get curious. Am I cultivating patience in this process? And how you can do that, the questions you can ask yourself that are you getting curious, are going to be questions driven by your values. The dyes will always say, "Oh I have the great way to lose weight. Here, let me tell you how to do it." And where we flip things on its head here on the podcast, on my social media channels, in Lean and Liberated when we're working together, how we flip it on its head is say, "Well, what do I want?"

Yeah, there's some basics of nutrition. Sure, there's some basics of movement. That stuff, you can learn that in a day, in an hour tops. And from there it's about the feelings. It's about the beliefs. It's about trying and doing and allowing yourself to be kind to yourself in the process. So listen, two things. If you're ready for support, you know I'm going to tell you to reach out to me and inquire about joining Lean and Liberated and working together. It's the best place for it.

And number two, if that is not in your wheelhouse, which is so great. Right? The program, it's not going to be for everyone. Then I also would encourage you if you are enjoying the free resources that I offer, because it's part of my values to really be so transparent that the program is for the support and so are all the other resources I offer. If you're enjoying this podcast, please consider taking two minutes at the end of this episode, which is coming up real soon, and leaving a review and a rating.

It would mean so much to me. It would help algorithms to allow this podcast to continue to grow and allow more people to hear the message that weight loss, when we want to lose weight, we're saying that we want more kindness and that we, I'm going to show you and you are going to show yourself by the subjects that we talk about on here, that it is so radically available to you and anyone else to pursue weight loss or really any goal.

But we talk about it here with weight loss, to pursue weight loss with radical kindness. Thank you so much for being here. I appreciate each and every one of you who tunes in every week. As per use, hit me up on the socials. And until next week, have such a great time and I'll see you then. Okay? Bye. Did you know you can find more support from me on my website? Go to Lucia Hawley, LuciaHawley.com to connect.