

You're listening to Episode 197 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, party people, welcome to the show. Today, we are going to be talking about core values, what they are, why they matter, what role they play in your life and how they are integral to weight loss. This is a subject that I've taught in Lean + Liberated since the very beginning. We've always had a module on your core values. But I want to be bringing it up more because I realize that when I'm speaking about just how to lose weight, period, it's this interesting dance. Again, and this is not a new subject of speaking about the tangible factors like calories are energy. Foods, we eat them for energy.

So at some point, yes, weight is going to boil down to calorie intake, but also it is so much more than that and yet it doesn't have to be confusing or overwhelming for it to be more than that. And we also then move into the intangibles: your thoughts, your feelings, your beliefs, how you believe you're here to be in the world, what you believe you're meant to be, how you navigate based on what has occurred in your life up until the present moment. And what you're making that mean about your future and the decisions and the actions you take from there.

So your core values, I think are a really great way to bridge conceptually the intangible work and the tangible work. So I thought we would just jump into that. I actually have and I'll link in the show notes in my very first episode of a core values so many episodes ago. So I've covered that content here before. I do talk about it here and there in my posts. But again, like I said, I realized I was like, "Gosh, I could probably expand on this concept a little bit more so people feel that much more able and ready to take that information and run with it."

So being able to understand what your core values are. Like all I want you to do or takeaway for your core values is this. And even if core values makes it sound confusing, just say values. What are the things that I value in my life? Now your core values, your values are going to be different than other people's. Often, there is some overlap because as humans we don't really end up being all that different, but also your values are for you. So there are the things or the actions or the ways of being in your life that feel aligned.

So when you think of things that you value, I don't want it to just be the exchange like, "Oh, I get this for that when I do this thing or when I am acting in this way." I want you to think about your values as, "Oh, when I am thinking in alignment, when I am taking an action." Doing something whether that's feeling like you're doing nothing like taking a nap or a thing like working out or going grocery shopping, getting a specific type of food or going out to eat with friends. Whatever that action might be, you understand on a deeper level, "Oh, when I have these things happen, when I encourage these things to occur in my life, I do so intentionally and with clarity."

I know that when I eat out with friends that fills my buckets. Why does that fill my bucket? That fills my bucket because it aligns with my value of being in community or it aligns with my value of spontaneity or aligns with my value of insert whatever your values are. So it's very simple to figure you're out your core values. And they also change over time. So it's not this like static thing. It's not like you aren't what you do and you yourself change over time.

I think most of us are going through a homecoming of just coming into ourselves, especially if you're someone who's driven by self-development work. You're on a path of developing yourself, but it doesn't mean like tearing yourself down to build something better. It means like allowing the constriction of the

old stories to fade away so that you yourself can simply blossom. Like I think about it like the self-development work is like you're fertilizing the soil that you're growing in. There was nothing wrong with the soil before, but once you have more information you know about different nutrients. You know about nitrogen. You know about all the good stuff that the soil needs, then you're like, "Ooh, I'm keen on getting some compost in here. I'm keen on getting some fish fertilizer in here." You catch my drift?

Are you a nerd too? Great. Welcome to the club. So with your core values, what I want you to be thinking about this week is number one it's very simple to if you just like type into any search engine list of core values, it's really simple to find a list of like 200-plus values. And the exercise that women work through in Lean + Liberated is that I just have you go through a series of scanning through a list of core values. And there's one I provide, but you can find one that's going to be good enough. You can just start. Just go ahead and do it. You don't have to wait for permission anymore.

Here's your permission if you need it. But like, by the way, you never needed to wait for it. You catch my drift? So you go through and you scan the list of core values and you find about 10 that stick out to you. You don't have to figure out why, but they're just going to like resonate with you. You're going to jive with them. They're going to be invaluable to you. And then you circle those 10 and then you take a little break and then you go back and then out of those 10 you circle five, take another break, et cetera. You decide how many core values you want or have.

Usually three to five is a nice way to iterate and get big picture with what it is that you value. And then from there, I just want you to be thinking about this week as you're going through your life and you're making different food decisions regardless of whether you're maintaining weight, losing weight, gaining weight. Whatever you need to do, I want you to be starting to get curious. "Oh, why is it that I want hot sauce with my dinner tonight? Does that align with what I value?"

Now in those core values, there scope might be quite large. But if you iterate enough time and time again, you're going to find that is going to boil down into one of your core values. "Oh, I like hot sauce on my food because it makes it taste delicious. Oh, I love my food and it tastes delicious because I'm satisfied. Oh, when I'm satisfied, I'm enjoying the present moment. Oh, when I'm in the present moment, I'm enjoying being with my friends and family. Oh, one of my core values is community, is family." You catch my drift?

So allowing your core values to support you in your food choices is how diet culture ends. Because it stops being about the other. It stops being focused on things outside of yourself. And it really simply, really elegantly brings the focus back to you. And not on what you should be doing, but on what aligns with you right now, right here. And that, my friend, is how you lose weight because that then to takes the terror and the trauma out of, "Is it too much food? Is it too little food? I got to starve myself all day and then I'm going to eat a bunch at night, but I'm not going to enjoy those foods. And then when I'm looking back on the week, all I remember is how starved I was instead of all the extra consumption that I was actually engaging with. That I'm going to be overwhelmed by all the stuff that's happening because if I'm overwhelmed, then it's going to continue to make it complex."

And if it's complex, then gosh, there's nothing they can do about it except be confused and not take action, which is what our brains want when they're being confronted with an option or a choice. Nine or 10 times, our brains are going to say, "Let me take the safe option." Why? Because a safe option is a predictable option. The predictable option out of love and respect for your body. I want you to hear this this week. The predictable option is the one that keeps you stuck and your great, beautiful frontal lobe is going to say, "Something's wrong with being stuck. I should motivate myself to get out of it. I should give myself more like figure out how to have more willpower to get out of it."

Except your little inner brain, your brain stem, your lizard brain, whatever resonates with you is going to keep making sure that it's controlling its environment just enough that you continue to stay stuck because it knows exactly how uncomfortable stuck is. Even if it's uncomfortably comfortable. Even though you're like, "Man, I don't like undereating all day and then overeating at night. Why do I keep doing it?" Do you know why you keep doing it? Because your nervous system knows, "Oh, I can tolerate that level of discomfort. I don't know about the discomfort of intentionally made my food choices, but I do know this level of discomfort and at the very least I will repeat it because I know it."

So this is why in Lean + Liberated we're always doing the work of like not only making the intentional food choices. You just use your daily journal. "What am I going to eat tomorrow? I'm going to write it down and then I'm going to do it." Those choices are coming from your core values. It's not good or bad. All the food is neutral. You could eat cake for every meal. If that aligns with your authentic values, booyah. Booyah. But it might feel like work in a stretch at first to disentangle yourself from the diet culture of what foods should be on your plan initially.

The diet culture might tell you a lot of stories and that's fine, but this is that opportunity to unpack the stories. And we unpack them using one of the most beautiful and life-giving you tools that you have inherently right now, which is the things that you vow. So this week I want you to consider, "Man, what are my core values? Huh. Am I acting in alignment with them?" And you'll know. Even if it might feel a little uncomfortable to act in alignment with your core values, you're going to know because it's going to feel like settled and peaceful once you take the action versus second guessing yourself, looking over your shoulder, waiting for the other shoe to drop, mindlessly scrolling Instagram looking for approval, looking for praise.

Like all of that activity, that brain chatter, that is the diet culture, my friends. I want you to be hearing that this week. That is the diet culture. Weight loss is radically simple. It is so simple. I'm not saying it's easy. The hard part is really saying like, "I'm going to do this mental work." That's all I mean when I say it's simple, but not easy, you're signing up to say, "I'm going to allow myself to think about myself." And not in like a navel-gazing way, but in like, I'm going to be here for off. I'm going to befriend myself and I'm going to let myself be there for my friend. And it might not always be the most comfortable thing, but I know that it's worth it because I love this relationship with my friend and I want it to be stronger. And I trust that all my friend needs is a little space to process."

"I trust that it is not so complicated to lose weight. I trust that my food choices are for me by me. I trust that I cannot screw this process up. I trust that and I trust it by showing up to it. I trust it by not allowing myself to just stay in reflection about it. Think about it, think about it, think about it and never take action. I trust myself to screw it up." Because screwing it up is just a fallacy because you can't mess it up. How about that, lizard brain? And just know when I say lizard brain, I know that of that is not the professional term, but I do like to use that term because it evokes such a great visual.

When I say lizard brains sometimes ... Not sometimes, quite often I think it takes the pressure off of ourselves when we're thinking about our brains like, "Oh, I have this part of my brain that just does function more primitively. And it function primitively because it's trying to keep me safe. I can't blame it for that. And I can't try to make a lizard do calculus. So I've got to take the pressure off of myself when I am subconsciously making choices to keep myself safe." My only job is to notice when the lizard brain is doing that and then ask myself, "Oh, now that I have this information and this awareness, what would I like to do with that?"

And here's a beautiful thing. What you will like to do with that is going to depend on your values. So take that homework and run with it this week. And by the way, I'm enrolling right now for Lean + Liberated. So if you're a woman you're looking to lose weight, you want to lose about a half pound to two pounds per week without diets and with eating the food that you love and with a deeper

understanding, much more intention that feels safe that your nervous system is like, "Yeah, I'm going to keep practicing this. I'm going to keep showing up to this for myself."

I really encourage you to reach out to me and let's see if Lean + Liberated is a great fit for you. If it is, you can get started pretty much right away, which is like the best part of the program. When I'm speaking with some of my peers, some people just depending on the type of program that they run they'll do launches. Sometimes the programs are closed and then they're open other times. Maybe they're only open once a year, twice a year. In Lean + Liberated, I kind of blow that all away not because it's bad, but just because of how I like to run my program unless I am personally on vacation, which is only a couple times a year that enrollment is open.

The only thing that might change over time is that the price is going to increase. And that only increases because the quality continues to increase. The community continues to grow. We're doing really cool, beautiful things in there. So that is my encouragement to you to reach out if you've been falling along in the podcast or on social media and you're like, "Okay, this girl's talking about some things that really resonate with me. I've tried some of the homework. I understand how it feels." Let's get you going in Lean + Liberated.

And, by the way, one more thing. I'm going to be having one of my amazing clients on the show in just a couple of weeks and I cannot wait for you. And, of course, I've had other clients on the show. So listen to their stories about what the process is like, but I cannot wait for you to hear this client's story. It is such an honor when my clients are open to coming on the show because I really respect that this is a very private process. So some people are more open and some people are more closed. That's all beautiful. Why? Because we just do what works in alignment with your values.

But this client's going to come on the show and she's going to toot her own horn and it is so good. So in the meantime, my friends, use the practice, grab a quick sheet of what my core values are. Use the practice of whittling them down. Allow yourself to not overthink it. Just try it out. Just do it. And I'm so proud of you for every thought, every step that you've taken that has gotten you here to the present moment, that is a big deal. And I celebrate you for that. So thank you so much for being here and I'll see you on next week's episode. Bye.

Did you know you can find more support for me on my website? Go to Lucia Hawley, L-U-C-I-A, H-A-W-L-E-Y.com to connect.