

Elizabeth: Hello, everybody. Welcome back to the Primal Potential Podcast. If you are listening to this on the day that it airs, I must tell you today is the day, tonight is the night I am hosting that completely free two-night workshop on losing weight for the last time, ending the "all or nothing" thinking, creating that space where you feel like you are in control of your choices instead of feeling like your choices are in control of you and making you really unhappy. That free webinar series begins tonight, the 13th of December, at 8:30pm Eastern Time, and continues tomorrow night, Wednesday the 14th at 8:30pm Eastern Time. Space is limited but you can grab your spot on PrimalPotential.com/December. Just know that an unlimited number of people can register, but the limitation is on how many people can actually join. Make sure to get there a few minutes before 8:30pm Eastern Time. I can't wait to see you there. Again, you grab your spot by going to PrimalPotential.com/December, and then you will get an e-mail. One from me welcoming you, another one that will immediately come giving you the link you'll need to join tonight.

If you are listening to this after the fact, well maybe you can grab part two on Wednesday night, the 14th. Again, you'll just need to go to PrimalPotential.com/December. Otherwise, sorry you missed it, but don't be too sorry, because today's podcast is pretty cool. In fact, there's so much I want to say about it, and I really just need to dive into it, but I'm continuing a few more episodes talking to my clients, because they're in it. They're fighting the fight. They're making the changes. We're talking about what works and what doesn't.

In this case, I'm talking to Faith. Faith joined the Fat Loss Fast Track for a really interesting reason. She loved the podcast, but she recognized that she needed more structure. The podcast, as I say in my conversation with her, it's not a program. It's a fire hose of information. She felt like she needed more guidance, more coaching, more structure, so she wasn't always feeling like, "What should I do first?" The other thing that Faith was struggling with is that she had lost some weight and she had gained it back. She was having trouble letting go of the guilt and the frustration, and she felt like though she knew how she got there before, she just couldn't do it. She felt like it was overwhelming and daunting, and she struggled to know where to start, and to believe in herself that she could do it again. Her thoughts on how she's gotten past that and gotten over it are so profound. One of the things she says to herself is, "Stop making this so hard. This is not as big as you are making it in your head."

We talk a lot about choices that we might beat ourselves up for, and using our experiences, using our choices, both choices we feel good about and those we don't, using them as tools and not weapons. Using them as tools and not weapons, which I think is just such a powerful conversation. Thank you, Faith, for your honesty and just so much freaking wisdom you share in this. It's awesome. I can't wait for you guys to hear it. Hopefully, I'll see many of you guys on that webinar. You can grab your spot. PrimalPotential.com/December.

We're diving into this conversation with Faith after I had asked her what she was struggling with that led her to the Fat Loss Fast Track. She's explaining how she felt about putting weight back on, and having trouble getting started again.

Faith: What I was trying to figure out was, what were my thoughts, and what was I doing correctly before that I'm not doing now, and where did I lose that? Because I was having such a problem getting that back in order, I was really beating myself up a lot, and so I was just kind of in this spiral of, "Why can't I do this? Why? I've done it before. How did I lose it? Where did we all go wrong?" I needed help to reset, because I knew I could do it, but why can't I do it now? Something about not being able to do it again was really hard, and really making me angry and frustrated, and you would think that that would be, "You've done this before. Just do it again. Ride the bike again." I couldn't figure out how to get on the bike.

Elizabeth: Right. I know one of the things that you have said is sort of like, the framework of the work. You understand what to do, but what's that first step? "What's the right first step for me? How do I do it in a way where I'm not making the same mistakes over and over again?" Sometimes, when we have this negative emotion sort of beating ourselves up for not doing the work, everything from that point forward just seems a little bit larger than life. Overwhelming, and daunting, and scary. Is that something that you have sort of started to overcome with the structure of the Fat Loss Fast Track?

Faith: Oh, for sure. Just realizing that, "Just stop making this so hard. Stop making it ... This is not what you're making it in your head. This is not. Having something ..." I've stopped trying to do the whole, "Good food, bad food." I just think that in itself is really destructive. Just stop overthinking the hell out of everything. Make one choice at a time. If you don't like a choice that you've made, then remember that. Remember why you didn't like the choice, whether something made you feel like crap physically or made you feel regretful, or whatever. Take that with you so that you can make a better choice and just stop all the drama and hating yourself about this, and just do better next time. Just make one choice at a time and keep moving forward.

Elizabeth: I love that. I like that you differentiate between ... You're not saying, "There's no good food, bad food. Eat whatever, whenever." You're acknowledging some food choices don't make you feel good. I think the differentiator there is that those feelings, that whether it's a physical "blah" or it's an emotional, "Dang it. I wish I hadn't made that choice." Either way, you're not saying, "Eliminate that." It is a tool. Not a weapon. It is a tool to help you move forward, not a weapon for your own mass destruction, because you generate all of this guilt and anxiety.

Faith: There was a podcast this week that I listened to, I can't remember if it was a "listen to again" or something that you had gone back to, but when you talk

about the choices that you made in the beginning were not choices that you're making now. The best choice for you was, "Let's not eat everything at Chick-fil-A. Let's make a better choice at Chick-fil-A." That's been really powerful for me, because I'm not making the same choices that I made two years ago but I've started making better choices for me now, and if I can just run with that and feel better about that, that gives me momentum, and I'm doing really well. I don't understand why I can't just be happy with that. It's just that whole, "You gained weight back." That sits on my heart and makes me crazy, and I have to push it away and say, "No. You are making momentum. You're making better choices all the time. Get over your fat girl self and just keep moving forward. You're doing the best thing for you."

Elizabeth: Let's talk about that for a second, because I've addressed this in a couple of other people that I've talked with, and it seems to continue coming up, and it's worth diving further into. There is this expectation that once we start making progress, we'll never stop, and we will never go backwards. The reality is, that's hogwash. It's total hogwash because in life, we can't constantly be accelerating. We can't constantly be full throttle forward. Even if you think about a race car, it stops. It slows down. It goes in for maintenance. Things happen. Yes, the car can go fast and the car can go forward, but in order for the car to go fast and in order for the car to go forward, there sometimes have to be moments of repair, and settle, and wait.

I was referring to this in a conversation with a different Fat Loss Fast Track member the other day and I said, "We have to accept that there is not only nothing wrong with us, but that it is normal and we should expect that there are periods of push and periods of patience." Sometimes, there might be something more valuable in the patience than there is in the pursuit. There might be a greater lesson for you in the period of, "I'm not making progress right now," than in the moments where you're striving and driving towards your goals. There might be something more valuable for you in the patience, and the acceptance, and the grace, and the gentleness than in the hard-driving forward progress. Does that make sense? It's a tough thing. I get it. Because we've set this expectation of "all or nothing." We're either a rock star or we totally suck. Here's what I want you to think about. In any area of your life, is it all or nothing?

Faith: I'm not all or nothing. At work I'm all or nothing ...

Elizabeth: My point is ...

Faith: No, yes, you're absolutely right.

Elizabeth: I don't even think it's true that at work you're all or nothing. I think in a given day at work you have moments of total focus, and maybe moments of multi-tasking,

or moments of your attention drifting. We categorize things too broadly, and then we convince ourselves of something that's probably not all that true. I don't believe- and I would be happy to sit by you at work all day long- I do not believe that you are laser focused, no exceptions, from the moment you walk through that door to the moment you leave. I don't think it's true. I think there are ebbs and flows, where you're locked into a project and then maybe you check your e-mail, you make a phone call, or you're thinking about your grocery list, or whatever it is that you're doing. There are ebbs and flows. It's not that you either spend no money or you spend all your money. It's not that you're either 1,000% nailing every single project at work without any glitches or everything is falling apart. We accept that some projects at work have hiccups. They don't go perfectly, and some projects at work are really awesome and really do go smoothly.

With life, with our bodies, with our food choices, with our fitness, there are going to be choices you crush and there are going to be choices you don't. There are going to be days you crush, and there are going to be days you don't. Where is there a lesson? Just like when you say you've taken away the emotion from the food in terms of, "It's not good or bad, but what can I learn from this to carry forward with me?" It's that way for all of your choices. When you look at the fact that you put weight back on, there might be more value in the lesson that comes from that than in all the lessons you learn from your success. See it as this gold mine that you haven't yet tapped into. I bet you that there are more lessons in, "Why did I gain the weight? Why did I talk myself into those choices? Why didn't I reel it in sooner? What can I do now to sort of have it be the white flag of, 'Oh, things aren't going in the right direction?'" That might be more valuable if you let go of the emotion around it. It's not good or bad. It's not shameful or embarrassing. It just is information that you can use to fuel you forward. Does that make sense?

Faith: Yeah.

Elizabeth: It's a practice. It's catching yourself in those moments and saying, "No, no. There's valuable information here. There might be something more valuable here than in anything else I achieve or do. I'm not going to rob myself of that value, of those lessons, because I'm front loading in just too much emotion and negativity. I'm not going to rob myself, because if I do, I very well might find myself back here, and that's not cool."

Faith: That was why I think that mindfulness has been my goal throughout this, was just realizing that I do so much on autopilot, and it's not okay anymore. It's not okay for me to not know ... I'm pretty self-aware, but I'm not self-aware enough for where I need to be right now. Especially with this stuff. That was why it was important for me to just breathe through this and figure out, "Where am I going,

and why does this feel like this, and why am I doing this?" Just not be pedal to the metal the whole way through, because I can do that and I can sustain it for a long time, but it won't mean anything at the end of the day because I won't know how I got there.

Elizabeth: Right. It's just like when you're driving in your car and you get someplace by GPS, somebody else saying, "Do this. Do that. Do this. Do that." Then you get there and you're like, "I can't get back on my own." Whereas if you're paying attention to, "Oh yeah, I notice this pink house up on the left and I notice this stop light here, and I notice that I'm crossing over into this other town," now you've learned something. Now you can navigate on your own without dependence on something else, because it's yours. That is a powerful tool to bring with you every single day.

Let me ask you this. When you say mindfulness has been your focus, in this context, what does it mean for you to be mindful? What does that look like for you on a day to day basis? I think there might be some people listening who are like, "How do you be mindful?" What does that look like for you in this situation?

Faith: For me, it's about being present in the moment and just taking a look around a lot. How do I feel? Why do I feel that way? Not just, "I feel tired. I feel hungry," but how do I really feel? It's been about meditation at the end of the day, which helps me dial into, "Oh, that's why I did this." Or, "That's why I felt crummy at work. This is what was going on there." It's led me to realize some things about some relationships, and change the way that I do some things at work, and it's just a new way for me to kind of be in the world. Instead of, "I get up. I do this. I do that." I am more aware of what I'm doing all the time, and it's different, and we drift all the time. We think about other things. We're thinking about the future. We're thinking about what we did yesterday. As much as I can, I try to be where I am, in the moment, in my body, feeling what I'm feeling, so that I know what's going on.

Elizabeth: You know, I think that skill set that you just described is exactly what you need for where you're still struggling. Whether it's with guilt about having put weight back on, or it's with the days where you still aren't doing the work that you want to do. Because those things in and of themselves aren't a problem. It's not a problem that you put weight back on. You are where you are. It's not a problem if you don't track. It happened. The problem becomes when you allow it to impact you negatively. The more that you practice, "Here I am right now." The moment that you feel frustrated with your body, or disappointed that you maybe didn't continue the work that you had been doing and you let yourself get to a point where you felt like you had to start over, remind yourself, "Right here, right now, what tool do I have to take me just to the next step?" You said a few minutes ago, "One choice at a time." Right?

Faith: Right.

Elizabeth: Sometimes when we feel this negativity it's as if we should be able to go backwards and make 700 choices differently, or like we feel this pressure to make 27,000 good choices in order to get where we need to go. That's just not true or real but it is very frustrating and very exhausting. If you're having a moment where you're like, "Dang it. I didn't do the work today," or "I'm so mad that I let myself get to this place." Okay. Well, right here, right now, in this moment, what is one step I can take? Use it, as I said a few minutes ago, as a tool and not a weapon. If you start to feel frustrated, emotional, hopeless, negative, ask yourself, "Am I using the information in my head right now as a tool or a weapon?" Check yourself. Guaranteed, when you are feeling down, you're using your thoughts as a weapon against yourself, or you're using your past as a weapon against yourself, or you're using your future as a weapon against yourself.

How can I use it as a tool? How can I make the next right choice? How can I take care of myself best in this moment? Maybe that means going to bed. Maybe it means meditating. Maybe it means preparing tomorrow's food today. What can I do to transition from using this as a weapon to using this as a tool?

Faith: That's been a big thing, too. One of the habits that I changed, I don't turn on the TV in the bedroom anymore. I was falling asleep with that TV on, and a lot of it was because I didn't want to think about work. I said, "I don't want to think about the next day, so I'm going to turn on the TV and fall asleep with the TV on." Now the rule is, if the next day is a work day, that TV is not turned on. It's turned out I don't even watch that television anymore. I'm getting better sleep. I'm going to sleep earlier. I've made that meditation time before bed. It's, just think about the work. Stop avoiding the feelings. Stop avoiding the anxiety, and just think through. Pushing that away and not dealing with it is not helping you with anything. Just deal with it. Just think about it. What is so hard? Nothing's going to come get you. They're just thoughts, and you decide how you feel about them. Just have them.

Elizabeth: And, how can I have these thoughts objectively? Like, "What is the project? What are the tasks? Who are the players in the game?" Instead of, "Oh my gosh." Loading in all of this emotion and fear and drama. I got an e-mail the other day from a former client, and she was like, "Elizabeth, it's been a terrible weekend. I binged on cookies and last night I had nightmares about cookies." This, that, and the other. I was like, "Okay. We're talking about cookies here. Like, really. We're talking about sweet little innocent cookies." Sometimes I think we have to have a sense of humor with ourselves, even with work. "I'm freaking out about a meeting. It's a meeting, with people, who don't bite." Right? It's fine. I think

sometimes that sense of humor, to help you just strip away the emotion that we're so ingrained ... If you watch the news, they pump drama, drama, drama into everything, and so we do that too. We get a flat tire and all of a sudden it's a crisis, and this and that, and the other thing.

Even if you think about the situation we were talking about that happened yesterday before we started recording, even if you think about that, objectively it was an annoyance. Objectively it messed with your day, but is it this big, bad, awful thing that really was a catastrophe? No. If we look at things objectively, all of a sudden we have so much more freedom and so much more mental and emotional bandwidth, because most of what's taking up ... If you think about your brain as your computer, and you know how your phone or your computer starts to run so slowly and erratically when it's full, your brain does that too. Your brain is full mostly of the emotional stuff that you load in there that doesn't need to be there.

What advice would you give to somebody who maybe is in your spot? Maybe they lost weight and then they put it back on, and now they're really beating themselves up and they feel like, "Maybe I don't have what it takes to do this work again. I can't find my footing." They're thinking that maybe they should do the Fat Loss Fast Track, but their self-doubt is really holding them back. Given your experience, what would you say to that person that might hear this?

Faith: Well, you did it once before, so you absolutely can do it again. You know that you have it in you to do it again. What you said before about, "Maybe what you needed was in that weight gain." Maybe there's something key in that. That's the only reason things like this happen. Dial down and figure out what lesson you haven't learned yet, and stop the shitstorm in your head of, "You failed." You didn't fail. You're still here. Just do it. Just start. Just start with one little thing that makes you feel better, and then do the next little thing that makes you feel better, until you don't feel so bad anymore.

Elizabeth: I love that. I absolutely love that. That is so profound, and that is exactly what people need to hear. It's so simple. It's so direct. It's so actionable. "Do the next little thing that will make you feel better. Just that one little thing, and then do the next until you find yourself not feeling so bad anymore." I think that is amazing. Thank you so much for your openness and your willingness to share some of where you're at in a way that I know will help so many people. Thank you, thank you, thank you, thank you.

Faith: Thank you for this, really.

Elizabeth: There is no better way to wrap that up than how Faith did. The way to get started is to do the next thing that will make you feel better. Not in that second, but ask

yourself, "What's a choice I will feel proud about? What is a choice I'll feel good about? What is a choice that will make me feel a little better than I do right now?" Then do it again, then do it again. It is just that small, singular choice that you make repeatedly until you don't feel so bad anymore. I love so much about this. The idea of finding more value in the struggle than in the success, so we can stop looking at our struggles as something to be ashamed of, and instead look at them as toolboxes, as toolkits to take our process, our mindset, our goals to the next level.

Just to wrap up with that reminder, tonight is the night. If you are listening to this the day the episode airs, free two-part seminar series tonight. I'll be on live. I'll answer every single question. You can grab your spot by going to PrimalPotential.com/December. I hope to see you there. Have a great day, guys.