

Elizabeth: Hey, everybody. Welcome back to the Primal Potential Podcast. I am Elizabeth Benton and I am really excited to share today's episode with you because for the last several episodes, I've been sharing interviews with some of my Fat Loss Fast Track clients and I still have more to share. I'm going to spread them out over the next few months, really, because they have some really powerful stories of transformation and overcoming challenges.

On those episodes, I've repeatedly mentioned that free webinar series that I was offering on How to Lose Weight for the Last Time. It's come and gone. It's over. It was a couple of days ago. Thanks to everybody who joined live and made it really special. Today I'm going to share with you part of that two-part webinar series. I did this webinar series for a couple of reasons. Number one, I love connecting with you guys live because you're there and you can ask me questions in real time and I can give you feedback in real time and that's just not something we can do on the podcast and I love that. That was one thing that I really wanted to do it for. The other thing was that I wanted to capitalize on the motivation to change that kind of comes naturally at this time of year. I wanted to make sure that you don't fall into the same patterns that don't work for you, either making big, huge changes that you don't sustain or following somebody else's set of rules that aren't right for you. Maybe they're not right for where you're at in your journey. Maybe they're not right for your lifestyle or your family situation. For whatever reason, they're not right for you and I didn't want you to go down the same path that leads to the same place that isn't where you want to be.

When we do those things, either take on too much too fast or take on changes that aren't right for us, we spend all of this time and energy and often money and we don't get what we want to get out of it. The motivation fizzles out because we didn't learn how to create it. We were just trying to ride the wave of motivation, which I'll talk about in the webinar you're about to hear, or your focus decreases because you're exhausted, you're doing too much too fast, or you just give up because you're not really paying attention to what works for you and what doesn't work for you and get frustrated and I don't want that for you. I've lived it. I've been there. I know how exhausting it is and I know that it really just kind of decreases any sense of confidence that you can really do it for the long term.

What I'm sharing with you today is part two of this webinar series, this Lose Weight for the Last Time webinar series I held. I did things differently on part two than I had planned to. I sort of called an audible and changed things up based on the questions and comments people gave in part one. In part one, the first night, there were a lot of questions about how do you actually get to the point, how do you create the skill, develop the skill of caring about your decisions before you make them. People understand, "Yeah, I need to think about what I'm doing, but it seems like it's so automatic and unconscious, how do I do that?" There were also a lot of people who really seemed to be very frustrated, feeling like they keep trying but it never gets easier. They wondered, "Is it always going to be so

hard and is there anything I can do to make it easier?" A lot of people that didn't believe that these changes actually can be easier.

I wanted to change up part two to address those issues and I'm playing for you today part two of the webinar. I'll say this. A few times, I mention things I'm looking at on my slides that they could see on the webinar that obviously you can't hear on a podcast. You'll hear me refer to some pictures of myself when I was at my heaviest and you can see all of that over at the show notes for it this episode as well as you can download a transcript over on the show notes page at primalpotential.com.

The other thing I want to say is towards the end, I start talking about the Fat Loss Fast Track and what it is and some of the feedback from my clients. Even if you're not going to join, please don't tune out then because the best part I think is actually after I talk about the Fat Loss Fast Track because what I do is I spend, I don't know, maybe 20 or 30 minutes answering specific questions from people who are on live, questions about how to create motivation, questions about how to get over that feeling that you hate what you see in the mirror and that self-loathing being the thing that keeps you from changing, but how do you get over that, to questions about how the golden rules of carbs and fat loss seem like something that's impossible for them and how do you break through and make progress when you feel like it's just not something that you can sustain. All of those questions I answer live on the webinar after I talk about the Fat Loss Fast Track. Even if you're like, "Yeah, that's not for me," don't tune out then because I think that the live Q&A is really good stuff so I hope you enjoy it. Here's the webinar.

What we're going to do tonight is we're going to talk about the specific strategies you can begin to implement today to make the achievement of your goals easier. Last night, for those of you that were here, we talked about a lot of the things that get in our way, the sort of all or nothing thinking and how that manifests, the putting too much emphasis on the pleasure side of food and not being honest with ourselves about where the pain comes, where the shame comes in, where the regret comes in, and then we just tell ourselves, "But it's so good," and we don't ever acknowledge that there's a lot of not-so-good there.

We're not going to talk as much about the problems tonight. We're going to talk about the solutions tonight. Just to spend maybe two or three minutes getting everybody on the same page, what I started with last night that I think is a really important theme to carry through til tonight is this idea that I think we set ourselves up for disappointment when we believe in all of these things here like, "Go hard or go home," or the one that I shared last night that I heard just the day before yesterday was, "Your action has to match your ambition." No, it doesn't. It certainly can. That is an option, but in this day of motivational stuff all over

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Facebook or Instagram or in your email inbox or whatever it is, there's so many people sending this message that like you have to be all in. The reality is no you don't. You certainly can. I'm not suggesting that you shouldn't do that. If that's what you want to do and that works for you, go for it, but the reality is it doesn't work for most people. It sets most people up for disappointment and feeling not good enough or feeling like it's too hard because they're taking on too much.

You can shimmy step, baby step, or crawl to your goals and still get there and sometimes starting out full throttle, racing out of the gate, trying to have your action match your ambition is what leaves you exhausted and frustrated and feeling like you don't have what it takes. You have what it takes. This is not a matter of whether or not you have what it takes to reach whatever your goal is. You do. If you're not there yet, if you're questioning whether or not you can get there, it's not because of what's inside you, it's because of the strategy you have employed. There is not one way to achieve your goals. There are many, many, many ways. Yeah, you can go big and go hard and be all in and reach your goals but you can also make one small change at a time and get there and not have it feel so hard and not be so obsessed in a negative way with the process. That's really what I want to talk about, those steps we can take, those actions that we can do that won't have it feel so hard.

Just to spend just one or two more minutes kind of getting everybody on the same page for the sake of folks who weren't here last night and especially because I can't do this part on the podcast, I know a lot of you guys haven't seen where I started. I think it's really important for me to share this because when I was here, 350 pounds-ish ... I don't know. I never got on the scale. When I would go to the doctor, I would say, "Don't tell me what the number is," when I was this heavy. Gosh, I was probably heavier than this. It just wasn't captured on camera or kept. I beat somebody up and deleted the picture probably.

When I was here, I thought nobody could understand how dysfunctional my relationship was with food, how dysfunctional my hormones were, how hard the struggle was for me. I didn't think anybody would understand. I show you this to tell you that I do understand, that I do understand if you're frustrated with yourself, with the process, with the misinformation out there about weight loss or fat loss or fitness or whatever. I understand if you feel defeated or hopeless like you just might be the one person who can't overcome it. I get it. I understand being completely exhausted by trying and also exhausted by failing. I understand.

I understand if you feel confused and you don't know what works for you. I get it. I've been there and I also can tell you that this wasn't like I had a rough couple of years and put on some weight. I was heavy, overweight by clinical standards, from the day I was born until just a few years ago. I understand feeling like you've tried it all. I get it completely. I want you to know that there is a different way. I

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didn't lose weight by dieting. I tried that and failed for 30 years. What switched for me was deciding I wasn't going to do the things that hadn't worked any more. That was what we spent most of the time last night talking about, the patterns of behavior that we stay engaged in that don't work for us.

When I decided I'm not going to do that anymore, I'm not going to have this be about good food and bad food and I have to stay away from the bad food and I really can only eat the good food and if I have anything other than the good food, I'm bad. No. I'm not doing that. Food is not good or bad. It's not. It's about how it makes me feel physically and emotionally and that is when I found freedom. That sounds so hokey and overstated. It's not because whether I was 350 pounds and gaining weight or I was 240 pounds and losing weight, I felt obsessed and I didn't want that anymore. I felt like if I was losing weight, I was obsessed with losing weight and terrified of gaining weight. If I wasn't losing weight, I was obsessed with guilt or shame or the next plan. I wanted to set myself free from that and I'll tell you I didn't know if it was possible.

That's really my whole message is in telling you it is. No matter how hopeless you are, no matter how alone you feel, no matter how obsessed or frustrated or defeated you feel, there is another way. There absolutely, positively is another way and that's what I want to share with you tonight and that's really what I try to instill in my Fat Loss Fast Track clients as well. Somebody said last night, "But you must still be completely obsessed with food." No, I'm not. The point that I really wanted to make there was and I'm not a unicorn. I'm not some special person with these special skills. No. I see the freedom earned by my clients and my groups every freaking day. It's not just like I have some special magic dust and you don't have it. No, it's about the process you go through to get it.

One of the things that came up last night was: Will it always be hard? Louise is here again. She's one of my Fat Loss Fast Track clients. She was in here last night as well and she says, "We are all proof." She is certainly one of that. She really felt like ... I will not forget a phone call I had with Louise and she was like, "It's just what I do. I eat and I drink and I this and I that." In a matter of weeks, the changes and the freedom that she created to feel in control of her choices and get in touch with, "Hey, I can enjoy food without going past the point where I don't enjoy it anymore. I can find that line and I can toe that line."

I told you guys in an email this morning that I was going to change things up a little bit tonight and spend some time tackling the most common things that came up last night. One of them was: Will it always be hard? Will it always feel like a struggle? Lisa says, "54 years of having my life run by food and weight loss problems, I don't know what freedom is." I didn't either but I want you to, Lisa. I will tell you what. Weight loss feels amazing, it really does, I won't lie, but the freedom from the obsession feels way, way, way better and that's what I want for

you. One of the things that kept coming up last night was: It feels hard now. Will it always be hard? Let's get on the same page. Dieting is hard. It sucks. You have rules. You have guidelines. You have restrictions. You're often hungry. It becomes this obsessive thing that is hard. Making these big, huge overhauls of the way you eat and the way you move and having to clean out your pantry and your fridge, that is hard. That doesn't mean that, A, that's the only way, and B, whatever way you choose will always be hard.

One of the primary reasons that it feels like it's always hard is because we never consistently practice. The analogy I use all the time is with an instrument. Let's say that you want to play the piano and you get a piano and you're super excited and you play for a week and you're really, really great about devoting that time every single day for a week but then life happens and so some days you make it to practice and other days you don't and then like a month later, you realize, "Oh gosh. It's been two weeks since I've even sat down at the piano." Guess what. It's still hard because easy is something that is earned. It is something that is earned through practice so let's take an honest look.

One of the things I say to my Fat Loss Fast Track clients all the time when they say something is hard, what does your practice look like? Because sometimes things are hard because we're trying to do too much and it's not that you can't earn easy when you're trying to do too much. It's just that you're less likely to practice consistently when you're trying to change seven habits at once, right? Even with that, if you were consistent, if you were showing up every day, multiple times a day to practice those seven things, they would get easy too.

One way to make this practice easier is to do fewer things. We're going to talk about exactly what that looks like. The other way is to just get really honest with yourself about your practice. When my clients say, "This is hard for me," I say, "What does your practice look like? How often are you practicing? How intensely are you practicing?" Here's the thing, guys. Let's say we're talking about improving your food choices because I know that's a big rock for many people who can hear me right now. Every single food choice you make in a day is an opportunity to practice.

Now, think about that piano example. If you decide to learn the piano, does that mean that you're going to sit down and nail every piece you play? No, and that's not even your expectation. You wouldn't decide to play an instrument and expect that every single time you practice, you're going to read the music perfectly, you're going to hit every note perfectly. No. Yet, with food, we think that if practice wasn't perfect, we suck, we can't do it, it's too hard, and so we stop. That's not the way that it works.

Think about learning to read. If you had a child and they were around the age where you think, "Okay. It's about time to start teaching them how to read," are you going to give them The Iliad? No, of course not. You're going to start with the alphabet. Right? You're going to start with the alphabet and then maybe you'll work on their name and maybe then you'll work on cat, dog, run, whatever. You're not going to give them The Iliad. Yet, for ourselves as adults, when we want to change the way we're eating, we want to go from like, "I totally haven't been doing the work, I haven't been paying attention, and now I'm going to do a whole 30." That is like giving The Iliad to your three-year-old. Then you feel like you can't do it, like it's too hard. Break it down to the building blocks and we're going to talk about that very specifically tonight. Break it down to the building blocks and then practice those. The reality is on anything you think is hard, I want you to redirect to, "What does my practice look like? If I am not practicing, I am not earning easy."

Lynn just says, "That is the key, building one habit at a time. Baby steps. It's a marathon, not a race. Trust the process. It really works." She's one I've worked with in the past before so she knows.

The other question you can ask yourself is, "What can I do to earn easy?" Easy is something we earn from practice. If you sit down at the piano for the first time with this song, it's going to feel really, really hard. The more consistently you show up, you know, it's not just like 20 minutes a couple of times a month, but if you give that 20 minutes every single day for a month, well, that piece that felt really hard 30 days ago, you can now do in your sleep. When you feel like something is hard, instead of having that be your stopping point where you go, "It's too much, I can't. This is just too hard for me," redirect that to, "This is an opportunity. That's not my stopping point. That's my starting point. What can I do? What step can I take? What action will help me to earn easy?"

I love this quote and I'm a big fan of Rumi. "If all you can do is crawl, start crawling." Don't disqualify yourself from progress because you aren't ready for The Iliad. It's just like if you said to your three-year-old, "Here's The Iliad," and they were able to tell you, "I don't know what to do," you wouldn't say, "Well, then, no reading for you for life." Right? I know that's an extreme example but that's literally how we approach changing our habits with food or with fitness. We're like, "I can't do this so then I can't do anything." No, break it down to the smallest piece and do that. If all you can do is crawl, start crawling. Stop disqualifying yourself from the advanced level. Nobody asked you to do ... Well, that's not true. People do ask you to do the advanced level but you know what? They don't get it. They don't get it.

If all you can do is crawl, if that's all you're ready for is one small improvement, freaking fantastic. That's what I teach in the Fat Loss Fast Track. If it's like if

people come in, and this happens all the time, I'll tell you, people come in wanting to run, wanting to sprint like literally and figuratively. They want to do everything now because they're at the peak of motivation. My response is, "No, we start slow. We start small. We build a foundation because it has to be unshakable." That's the only way. We build the foundation. We build our confidence. We rebuild trust in ourselves that we have broken down over time. So many times, they say, "Oh, no, no, no. I can't do carbs at night. No, no, no. I'm a carb addict." If all you can do is crawl, start crawling. What does that look like for you? What does that mean for you? Go there. Do that.

One of my favorite quotes and I have no idea who to attribute this to because I saw it on the t-shirt of a cleaning lady and I've shared this on the podcast but it's really worth sharing here. The woman cleaning the carpets at my yoga studio had this on her shirt. It says, "Can't lives on Won't Street." What that means is when you catch yourself saying, "I can't stop at one glass of wine. If I have one, I have two," or, "I tried the golden rules of carbs in Fat Loss but I can't. I'm a carb addict," or, "I tried to journal but I can't." That's crap. You actually can. You are physically capable. It's just that you won't. You haven't yet and that's okay but let's not fool ourselves into believing that we can't do something when the reality is that we won't or we haven't.

One of the challenges I recently gave one of my Fat Loss Fast Track groups was to make a list of everything that they are disqualifying themselves from, everything they say they can't do. Then look at what is it that I actually won't do? If people say, "Oh, I can't have a morning routine. I'm exhausted in the morning. I hit snooze all the time." Really the reality is, "I won't turn off the TV at night when I ought to to get up to bed. I won't exercise a small degree of discipline in the morning to improve my day." When we say we can't do something, the reality is that we just won't do something or we haven't done something and that's a really big difference. I'm not saying you should do everything, but I do think it's very destructive to tell yourself that you can't when the truth is just that you won't. I mean, even look at people who are paraplegics and they run marathons. You would think, "Oh, well, they can't do that." If they want to, there is a way. No matter what it is that you want to do, there is a way if you want it bad enough.

Let me just reiterate that doesn't mean that you need to make some big sweeping overhaul. What is the baby step? Okay, you're not ready to get up 60 minutes earlier to structure your day, to get your food prepared, to do some meditation or some journaling or whatever. Can you get up five minutes earlier and do that consistently for 14 days? Yeah, you absolutely can. Whatever it is that you feel like you're disqualifying yourself from or you feel like you're not able to do, break it down into a smaller piece and do that thing. Go there. Accomplish that. Achieve that.

One of the big aha moments I had personally in my own life, and I shared a little bit of this last night, was when I realized that not doing the work was actually harder than doing the work. Now, I'm not here to suggest that it is initially easy to implement some willpower or some self-control. It's not initially easy to turn down temptation. Here's the reality. It was not easy to be miserable all the time either. It was familiar. It was more instinctual. Like somebody offers me a doughnut and I say yes because that's what I do so that takes less effort than saying no to the doughnut which feels harder. The reality is my life has never been harder than when I was 350 pounds. My life has never been harder than when I was truly not in control, not behaving with control, when I was letting my emotions drive my choices instead of me being in the driver's seat of my life. My life was never harder than then.

When we say, "It's so hard to exercise self-control, to turn down temptation, to make these improvements, to do the work," you're right that it's not easy, but thinking about it and obsessing over it and not doing it and being unhappy with yourself, I promise you that takes more energy and negativity than doing the work. Now, if you feel like, "No, taking action is way harder," then what I would say is you're not taking the right action for you. It's either too much, you're either trying to do too much, or you're trying to do it too fast or it's not the right thing to start with for you right now. That's the reality.

You've got a choice. Either you make yourself miserable or you make yourself strong, both are hard. Both take work. One is much more familiar. Whatever you've been doing most often is going to be the easier choice to make but that doesn't mean it's not hard to make those choices because what are the emotional repercussions, how much energy does it cost you? How much emotion does it cost you? How many things are you missing out on in your life because of those choices that you're making? That is a very serious consideration.

When I had to think about, yeah, it feels harder to say maybe later or not today to the treat or the temptation or the treat or whatever, thinking about the guilt, the shame, the regret, the remorse, the "I should have. I wish I had. Why do I keep doing it?" I sort of underestimated just how hard that was because I wasn't paying attention, because I wasn't letting my mind go there because maybe I didn't want to admit that that wasn't as easy as I was telling myself it was. Living that way wasn't all that easy. It was actually really hard. I was missing out on so much of my life.

Are you choosing familiar? Because I would say that both are hard. Both are hard and you can make change easier by dialing back and doing less. Let's talk about some of those success strategies that allow us to make these changes not feel so overwhelming, not feel so all-consuming, not feel so stressful.

The first one I want to talk about, because this is huge, I talked last night about how important it is to pay attention to the choices that you make because it's so common to just go through the day kind of unconsciously and not paying a lot of attention to what you're doing and then only after the fact be like, "Oh, gosh. Why did I do that?" One of the questions that came up repeatedly last night was: How do you pay attention? How do you get to the point where you're there in that moment thinking about, "Do I want this or not?" Instead of just doing it and then regretting it later.

One of the great ways to pay attention, and this is kind of the cornerstone of the Fat Loss Fast Track, is journaling. I want to say just a word about that because there's a lot of misunderstandings there. This is not like a food journal where I'm the food police patrolling everything you put in your mouth and you're a good person if you've made good food choices and you're a bad person if you've made bad food choices. It's not like that at all.

When we say "paying attention" and a question just came in that said, "Do you think that by paying attention, we can become too obsessed with the choices we make?" No, I think you give yourself freedom. It's all in what you make it. It's all in the emotion you bring to it. It's about being curious and not critical. If you decide that paying attention means judging, well then that's not going to be a good thing. If paying attention is just observing without emotion, there's no obsession there so it's about the attitude you bring to it.

When I say that it's not just about food, that's when people immediately think, "Oh, well, then I've had a good day if I've made good choices and a bad day if I've had bad choices and I don't want to be bad so that's why I don't like to journal." No. It's not about good or bad food. It is about the whole thing. Am I stressed out? Am I overtired? Am I bored? Am I emotional? Did I even enjoy this? Was I really hungry? It's not, "I had a cookie therefore I suck."

One of the things that I used to see all the time when I was working with folks one-on-one because I would review their journals every single day, lots of frowning faces, exclamation points, like all of these emotive characters and drawings in their journal. In the Fat Loss Fast Track, we work to remove that because it's not about this was a good choice and this was a bad choice, it's just, "Why am I making this choice and do I feel good about it?" It's being curious and observing and not being critical or judgmental in any way.

Chantal says, "Mindfulness is the key. We just have to find it."

I think that journaling is one of the key ways to find that, because many of us, I would dare say most of us, are just not in the habit of paying attention. We go through the day just sort of at the whim of our circumstances. We respond to

everything that happens but we're not really in the driver's seat saying, "Hey, I'm in control of what I do here, what I say here, what I choose here, what I put in my mouth and how much of it I put in my mouth, when I start, when I stop." We are in control of that, we just haven't been exercising that control.

I got an email from somebody the other day who said, "I just have no control." You absolutely do, you're just not in the habit of exercising that control. Just like we talked about easy is earned, you earn it through repetition. Journaling is one way to do that but the other way that I think doesn't get near enough attention is do less but you have to know what it is you're trying to do. In the Fat Loss Fast Track, that's why there's one challenge every week but I don't say, "Pick one thing this week and do that thing." No. It is this is what we're going after. This is what the challenge is. This is how you can make it work for you. Do that thing.

So many times, people will say, "Okay, okay. I'm going to start out and I'm going to eat more veggies and I'm going to eat more protein and I'm going to eat fewer carbs and I'm going to try and have them at night and I'm going to wake up earlier and I'm going to journal." Well, no wonder it's really hard to pay attention. No wonder you find that you're not really present in the moment of decision, because your brain is totally overloaded. That's one of the primary reasons we don't pay attention to our choices is because our attention is fragmented in so many different directions. It doesn't have to be that way.

Step one is do less. This is why I am very not in favor of diets because you start on a diet and it has you changing 15 different things from your baseline, from the way you've been living, from what your habitual patterned behavior is. You're not paying attention because your attention is going in 600 million directions. You can't harness it. You know how your computer starts to run really slow when you have ten different tabs open or 14 different applications running? It's the same exact thing that happens when we're trying to change 25 different things at once.

My first recommendation is to do less. The second recommendation that's just as important is know what you're trying to do. Pick one specific change but don't have it be this massive thing that represents a total shift for you like no more sugar. No. Maybe you say, "I'm going to focus on a Fat Loss breakfast." I've done tons of episodes on the podcast on that. What does a Fat Loss breakfast look like for me? That's what I'm going to do.

Jennifer just said, "Two new mugs." I think she's telling me to create them. "Be curious, not critical. Can't lives on Won't Street." I'll think about it.

Melanie says, "Honestly, I'm guilty of playing victim to a busy day and I had to eat junk. Time to stop that game." Melanie, I think we all fall into that at times. The reality is if we can simplify, if we can create more margin by doing less, by picking

one thing, that is going to be that step in the right direction. It's not an all or nothing improvement. It's one small thing at a time.

Let's see. Angela says, "Can you give an example of one thing to change?" Yeah, it depends on you, but like breakfast might be one of them or getting up and spending five minutes in the morning with your journal just to say, "This is how I'd like my day to go." Maybe the one small thing is having your carbs at night. Maybe that's not a small thing for you though. That's why it's so individual. For some people, it might be, "My one small thing is I'm just going to journal for five minutes a day." For other people, they might be able to do more and that is what they're going to do with say a Fat Loss breakfast or picking if they're going to do carbs at dinner. It's not carbs and alcohol. It's one or the other and maybe that's your one thing.

Linda says, "So if you do one thing, do you build on that thing with other things?" Yes, and that's what we do in the Fat Loss Fast Track. Every week has a different challenge and they build on each other. They sort of like you establish the foundation and then everything sort of grows as you go. The reality is though if you're doing this on your own, it really varies. For some people, they might nail a Fat Loss breakfast in two or three days and they want to add on something else. That's awesome. For other people, maybe they're picking carbs at dinner or alcohol but not both and that's something they practice for two months. You know what I mean? There's nothing wrong with that. Both are totally right.

Jennifer says, "I also love when you've said how we start the day so strong but then we lose our focus and don't finish strong. It's more doable to start strong on one thing and finish strong on that one thing." I totally agree. That is why fragmenting your focus is such a challenging thing because you sort of burn yourself out in the first half of the day and the latter half of your day is a total train wreck.

Kristin says, "So I've been giving myself just three things to target each day. Drink water only, eat smaller portions, have veggies two times a day. I can hit those but they aren't helping to change my compulsion to eat sugar when I'm feeling emotional." Yeah, here's the thing. I've shared this on the podcast before but I think it's appropriate for me to address it here. I was working with a client once and she was explaining that her primary struggle was what she called opportunity eating. She was great at meal planning, at preparing healthy food, but then she'd go into work and if somebody brought in cookies, she'd eat the cookies because they were there. When we were trying to set a goal for her, she was like, "10,000 steps a day, I can do that." I said to her, "That's good and that's healthy to move more, but you could hit that every day for 30 days and you're not going to make any movement on your primary struggle."

What I would say to you is if you know that those three things don't have anything to do with your primary struggle, I would say don't, forgive my crass language here, don't blow your wad of attention on three things that don't address the thing that's holding you back. Instead, figure what's one degree of improvement that you can practice on that thing that represents the biggest challenge for you.

Angela says, "I always lose it at night." Number one, Angela, never say that again. I'm not being a jerk right now. If you say, "I always lose it at night," you are instructing yourself like everything we say and think is an instruction to our subconscious and 90% of our decisions or more, depending on how busy we are, are made on the subconscious level. Instead say, "I'm looking for ways to improve my nighttime habits," and then define one improvement you could make to make a change there and practice that, practice that, practice that, practice that. We will never exceed our own expectations. That's a big one, Angela. The first thing you need to change behavior will is your belief about the behavior. I am not puffy clouds and marshmallows telling you to say, "I nail my choices every single night," because lying to ourselves doesn't help either. The alternative perspective is I'm looking forward to improving my evening habits and I'm looking for small improvements all the time. The one thing that I think I could do that would be an improvement is X and then earn your easy through consistent practice.

Courtney says, "What happens if you're in the habit of sabotaging every goal you set?" Then don't set a goal. Establish one change that you are going to make and focus on the day. This is the one change I'm working on and today I'm going to do it. The next day, you're going to do it. It doesn't mean you're going to be perfect. We don't have to always have this macro focus on this 30-day goal or this that or this other thing. Set one degree of improvement and practice it, practice it, practice it. When it feels effortless, then add on.

Sarah says, "I eat too much cheese. It's hard. I've been scared to let it go." Why scared? Why do you have to let it go? Number one, there's nothing to be afraid of because you're totally in control and it's food. It's not going to hurt you. Number two, you don't have to let it go. Instead say, "What would be an improvement that I can practice?"

Linda says, "I just had a light bulb moment. If we tell ourselves we blow it at night, we're giving ourselves permission and need to change language." Completely agree with you on that.

Jenna says, "I was on a great track then I got engaged. Since then, I have completely lost my motivation. I have a year ..." Okay. She says, "I have a year," which basically I think means she has a year until she gets married. "How do I get my motivation back?" You always have your motivation but here's the thing.

Motivation is something we create, not something that strikes us. We create it through action. Jenna, pick one thing to focus on and practice that thing every day. The motivation doesn't come first. We can't wait to take action until we feel motivated. When we pick this one small thing that we can focus on every day, to nail this one small thing, the action generates the motivation.

I'm going to keep rolling here. I'm going to get to questions in a few minutes but I want to keep going here.

I love this quote from Ben Bergeron. He's the owner of some crossfit gyms in New England. This was a real paradigm-shifting realization for me. It says, "Amateurs try to achieve goals. Pros focus on the process. Champions maximize the minutes." Too often, guys, our perspective is far out ahead of us. It's on this 30-day goal, this 90-day goal, these ten pounds of weight loss. When our focus is far out like this idea of amateur is trying to achieve goals, our focus is never on what opportunity exists in front of me right now to earn easy or to make an improvement or to make the most out of right now.

The next level, and I'm a big fan of this, is focus on the process. I describe this to my Fat Loss Fast Track clients as the difference between the roots and the fruits. Imagine for just one second, guys, that you have a beautiful apple tree in your backyard and you love the apple tree and you go out there every single day and you shine those apples and you make sure that they're just getting enough sunlight. You move the branches to accommodate accordingly and you set up shade when it needs shade. You are focused all on these apples, this beautiful fruit, but you do nothing for the roots. You never make sure the tree is watered. You don't care about the soil, nothing like that. Well, what happens to the fruit? It dies, right? The process is the roots. If you take care of the roots, if you make sure that soil is the best soil there is, if you make sure that tree has plenty of water, the fruit takes care of itself. That's the difference between being outcome oriented and being process oriented and that is a step up. The goals person is the fruit person. The process person is the roots person.

Champions are different in that they maximize the minutes. That means, "What can I do with this time right here?" We spend way too much mental and emotional energy on yesterday and tomorrow. What am I going to do? I only have a year. How am I going to do this thing in 30 days? What am I going to do next week when I've got four Christmas parties? Last week I totally blew it. Yesterday is gone. You can't do a damn thing about tomorrow today. Champions maximize the minutes means all there is is right now. Instead of overwhelming yourself with process, process, process, process, process, then you're not going to have enough energy to take advantage of now. You save so much energy, so much time, so much frustration if you just focus on what's right here, what's right

now. What can I do now? What is my next best choice? What can I do right now to take a step towards my goals?

Then it's not about deprivation, oh my gosh I can never have my favorite things. You're not there yet. You're right here right now. We psych ourselves out thinking about like, "Oh my gosh. What about this situation when I'm out at dinner and everybody's having bread and ..." Dude, you're not there yet. You're right here right now.

I think this is a really powerful paradigm shift when you say, "I have the choice to not be all about the end goal and not even be all about the process but be all about what can I do right now to make myself feel my best?"

I talked about this a little bit last night when I was telling this story about the 1% improvement. We're so conditioned to think about it in terms of either we're eating well or we're not. Either we're working out or we're not. Either we're "following the rules" or we're not. We're on the wagon or we're not. All of that is crap. It's absolute crap because we can just small improvements.

I share on the podcast all the time that when I was at my heaviest, I was eating Chick-fil-A for breakfast every single morning. I would go through the drive-through and I would get the chicken biscuit meal, that was a fried chicken biscuit and hash browns, and then I would also get chicken minis which are like these fried chicken things on sweet bread and I would get a large diet drink. You know what my first change was? To either do the biscuit or the chicken minis but not both. You know what? I've lost a damn lot of weight and I never went for perfection. You know what happened when I would go for perfection? That was the 30 years of struggle. What is one improvement that you can make?

Theresa just said, "OMG. I'm going to do so great after this seminar. Love it." Yeah, you are because you can. You absolutely totally can. Sarah says, "Thank you for putting the present time in perspective. I'm looking forward to putting it into practice." That's the key word there. Practice. What are your marginal gains? What is that 1% improvement that you could make? It's not all or nothing. What can you do to get a little bit better? Maybe you leave the last sip in the wine glass. Maybe you have two bites of dessert but you don't eat the whole thing. Maybe you have the bread or the pasta but not both. Seek marginal gains. Dude, it's game-changing. It's not just I'm a unicorn and it worked for me. I see it working all the time. What I see not working is the people who go for all or nothing and then they drop the ball and they feel like they failed so they go back to the beginning and begin again and they stay stuck in this cycle. What is one degree of improvement you can make? What is one degree of improvement that you can make?

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This is another thing that I think a lot of people, and this is along the same lines here, and that is ... Jenna just said, "Story of my life. You're so right. Thank you." You're very, very welcome, Jenna.

One of the things that people go for is intensity. This idea of mechanics and then consistency and then relative intensity, this really comes from working out but it is so true of nutrition. Let me tell you how it's typically implied in working out. Let's say that you go into the gym and you want to learn how to do a front squat. You've never done that before. It's totally new to you. Well, you don't go in and say, "Well, I guess most people my age can probably do their body weight so rack the bar, let's go." No, you start with an empty bar. You might even start with a PVC pipe, not even an empty bar. You learn your form first and you don't add weight onto the bar until your form is great. Then once your form is nailed, you still don't add. You still don't go heavy. You get consistent with that form so that the coach isn't always saying, "No, no, no. Weight on your heels. Elbows up." No, you get consistent with your form and then you go for intensity. Intensity isn't relative to some macho man or macho woman on Instagram or Facebook. It's relative to you.

Now, how does this apply to our food choices and our food changes? We go for intensity first. Somebody's talking about a whole 30 or a sugar detox or a strict paleo primal thing and that's what we go for. We never develop the mechanics. We never get consistent. We don't even go for relative intensity. We just go for intensity. That is why, within my Fat Loss Fast Track, everybody comes in motivated because it's new and I get it and I say, "No, check your motivation at the door," just like I would say if I was training somebody at the gym and they wanted to lift heavy without form. We build the foundation. That's mechanics. The mechanics for you is what's the right change to make.

The example earlier from somebody who was saying, "I committed to these three things but these three things don't have to do with what I'm struggling with." The mechanics are: What is the one change that you can make that targets that thing you're struggling with most? Maybe that's eating after dinner. Maybe it's the weekends. Maybe it's alcohol. I don't know what it is for you but what is that small change?

Now, it has to be something you can do consistently so if you are biting off more than you can chew in terms of the change you're making, you're not going to be very consistent because it's too hard. I would rather have you make it this micro thing, super small, so that you can be so consistent with it that that builds your confidence, that builds your momentum, that builds your trust. Then you built on that consistency, that's when relative intensity comes up. Relative intensity means how do I make this a little bit more in terms of a challenge, in terms of an improvement for me.

Betsy asks a great question, "What if you don't know what you're doing wrong?" Journal. You write down everything that you're eating, everything that is contributing to those feelings of, "I want this," or, "Not good enough," or, "All or nothing." When you journal consistently, I would say within 14 days, you will have a really good idea of what needs work. Worst case scenario, three weeks. If you get really honest about writing down not just what you eat but how you feel about it, the answer is there 100%.

This is another strategy that might resonate with some of you. Like I said last night, not everything I share you will feel like, "That's me." Some of it, you will. One of the real challenges that I see a lot is let's say you set this goal to make an improvement to say, "When I drink at home, I have one glass of wine and not more than one." Let's say that's your improvement. You feel like part of the thing holding you back is wine and you're not going to do a half a bottle or a whole bottle. When you drink at home, it's one glass, the end. Now, does that mean that you're going to be perfect and you're never going to have two glasses? No, but here's a strategy that you might find helpful. Never skip twice. The problem, and this is where I was going with this. What happens is a lot of people, if they feel like they dropped the ball or they didn't do what they said they were going to do, one miss leads to two leads to three. "I suck. What's the point?" Then you're off the rails. Having this strategy of never skip twice.

If I said I was going to do this thing and I had a miss, that's fine. It happens. I'm human. But that doesn't happen two days in a row. That helps you train yourself to kind of get back to what you're trying to do more quickly. I don't skip twice. If I said I'm going to walk every single day, then if I miss a day, I'm human. There doesn't need to be any drama or craziness but I never skip twice.

Sarah says, "Is there a journal format you would recommend?" I have a journal that I created and iterated and iterated after every Fat Loss Fast Track round that is within that. That's my favorite one that I give to all of Fat Loss Fast Track Clients. Otherwise, whatever you'll do is what's best. If a blank notebook is best for you, a blank Google document or Word document or an app. Whatever it is that you're going to use is what is best.

I want you to think about, because there are a lot of people I got so many emails last night, about whether or not you should join the Fat Loss Fast Track. I want to spend a couple of minutes talking about if you should. Actually, this is something that somebody posted in the group today after attending last night's webinar. I didn't invite my Fat Loss Fast Trackers to the webinar. They just heard about it on the podcast and they were here, which I think is awesome. This is what one of my clients said this morning. "After attending the webinar," last night's webinar, "I feel so grateful. I'm not doubting my abilities like I did when I started this. I know I

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can achieve my goals. I've seen me do it. I don't feel like I'm on a diet. I feel like I'm building my unique toolbox to help me make better choices and create better habits. I feel like I have control over my life. The struggle is ending. The drama is not welcome anymore." God, I love that. We're 11 weeks into through our Fat Loss Fast Track that she's in right now. The next one starts January 8 which is what we're talking about now.

In the 11 weeks, she says, "Today marks 15.2 pounds gone and I'm getting closer and closer to my body fat percentage goal. I feel better than I have in a very long time. The clothes fitting better is a welcome side effect. Thank you, Elizabeth, again and again for being my beacon of hope. I never knew I could be where I am today, enjoying where I am and looking forward to the future."

Now, why do I share that with you? Because I think that some of you think that I'm a unicorn. I was a food obsessed, depressed, obese woman for most of my life who tried every diet, who studied nutrition in college because I couldn't figure it out, who worked in a hospital trying to help other people lose weight even though I was obese, who worked for a dietary supplement company to try and find the answers for myself and I couldn't find them there either. I don't have anything special in me. I tell you her story here because, number one, she shared it this morning but, number two, because I want you to know that just because you tried a million things doesn't mean you can't do it. It doesn't mean that at all. Not even a little bit. You can do it. It's just that maybe your strategy has been wrong.

In answering the question, should you consider the Fat Loss Fast Track, here's the thing. If you feel like, "Nope, I'm not trying anything else," then please don't because one of the best parts of the Fat Loss Fast Track is it's one of the most rare communities I've ever seen and I pay attention to communities online where most people are complaining and beating themselves up for the weekends. The Fat Loss Fast Track isn't like that. It is people who say, "I am ready for my best freaking life and the drama is not welcome anymore and I will end this struggle and I will not be extreme about it and I will not go on a diet and it's not bad if I have a cookie or a bowl of ice cream. In fact, that's good. Letting the drama go and finding the point at which I'm still enjoying it and it doesn't become this thing I regret," that's what we're creating.

If that's what you're looking for, if you are looking to end this struggle, to end the drama, to pay attention to your choices, to not follow somebody else's rules because that's where a lot of the obsession and feeling like you're clinging on for dear life, it comes from the fact that you're following somebody else's rules instead of using tools to create your own structure that works for you. If that's what you're looking for, then I would say there's a darn good chance that it's for you. It's not a diet.

This was actually one. I put this in here because I think it was shared yesterday in the Fat Loss Fast Track. It says, "Win share. Today my Christmas dress and cardigan arrived. While trying it on, I decided to try on a belt I wore for a Halloween party last October. It doesn't fit anymore. Dang it. That was a brand new belt. Lol. It's about half an inch too large which means I've lost one and a half inches or more since wearing it. Surreal to me. That prompted me to step on the scale just to see where I'm at. Jaw drops. I'm down to a weight I haven't seen in over four years. I've lost 13 pounds since October 16. By the way, it's a cute belt but I'm willing to make sacrifices."

I want to take a couple minutes to just tell you what the Fat Loss Fast Track entails so you really, really understand and then I'm going to go through all of your questions and I'm not going to sign off until I've answered all of your questions.

As I said, one of the great things about it is that everything I'm talking about in terms of one small thing, one small thing and building a foundation and starting with mechanics and then consistency and then relative intensity, there's one challenge every single week and there's one webinar every single week that coaches through like, "Hey, this is what might be hard and this is how you can overcome it. These are the things you need to think about. This is how you can make it easier." Those webinars come weekly as well.

Level Up Lectures, think of them as like mini motivational podcasts just for my Fat Loss Fast Trackers and those come on Thursdays towards the end of the week when maybe you need a little bit of a kick in the butt. Then there are workouts but they are not required. They're there mostly for people who are already working out, who want to be more efficient in their Fat Loss Workouts.

This comment was posted yesterday I think or the day before yesterday. I think yesterday in one of my Fat Loss Fat Tracks. It says, "I was just looking through my audiobook library and I realized how many weight loss programs I've tried and failed at. I have an amazing or overwhelming feeling of gratitude for Primal Potential. This has been a transformational 11 weeks." Because we still have one more week left in our fall group. Whoops. Let me go back here.

There is a private Facebook group. For your first time though, I don't open that up until a couple of weeks in and the reason for that is I want you to be focused on you. I don't want anybody feeling overwhelmed or getting into the comparison game because that's a distraction that's unnecessary and this is your journey. It's all about you. I will tell you and all of my clients will tell you I am in those groups every single day. If you don't have Facebook, that's fine because you'll still get your webinars, your challenges, your Level Up Lectures, your journal, your

workouts. In the Facebook group though, if you're struggling, I answer every single post. That's why I limit the size of the group because I respond to every single one. Every single one.

This post in here was just posted either yesterday or today, I think today. Yeah, it was today. This is from one of the gentlemen in the group. We do have men. He said, "When I got up this morning, I was feeling really good about my choices yesterday. I had an evening work social event with lots of mingling, drinks, and nonstop food and desserts being offered. My pre-arrival plan, a handful mixed nuts and bulletproof coffee, crush the hunger and hopefully eliminate the need for willpower. It worked. I had a few bites of the Fat Loss friendly alternatives they offered and ignored the rest. I didn't get home until 9 pm which is after my no eating past 8 pm tool." You see he says tool and not rule. I love that.

"I didn't eat then either. Frankly, I wasn't hungry and thought about how good I feel about my choices in the morning. I was right. This morning I got up for work and the slacks and shirt I laid out yesterday, new morning ritual, didn't fit. Too big since the last time I wore them. Yay! I jumped on the scale and was shocked." He's down 24.2 pounds in this Fat Loss Fast Track, 11 weeks. "I knew I was doing well since the pant size had gone down from 44 waist to a 38 from the start of week one." We're in week 11 now. "All this improvement and I don't go hungry and I'm certainly not making perfect choices each time, not the goal, I'm just following the program, repeating my affirmations, focusing on each now choice, and letting the past stay in the past and so much more from our toolbox like will I think it was worth it later, that stops a lot of bad choices. So glad to be on this journey with all of you. EB, that's down 44.2 pounds since I started listening to your podcasts."

This is a little bit of the journal. This is just a sneak peek. The 12-week journal is everything. You'll see here it's not just food. Its feedback means, "Am I hungry? How's my energy? How's my mood? Today's wins. What am I grateful for? What lessons did I learn?" There's a toolbox in the journal to collect the different tools and how they work for you. I said this last night but I'll say again, this works and it works because we're in it together and we're in it to make it work for you because I am interested in making it work for you. It's not for you if all you can think about is what doesn't work. If you're ready to figure out what does work for you, it's for you. If you just want to be told what to do and what to eat, it's not for you because I don't do that because I don't think that works over the long run. I want you if you're ready to end the struggle, if you're ready to figure out how to be less emotional about your food choices and create more freedom, more compassion, more gentleness with yourself by building this solid foundation of good choices.

I am in these Facebook groups every freaking day. I respond to every single post. I respond to every single email. You get your weekly challenges, your weekly webinars, your weekly Level Up Lectures, your journal, your workouts. It honestly goes on and on and on and on and it is open now but it will close. It starts January eighth but registration closes when we fill up. What I want to do, the link here is primalpotential.com/winter17 to register. You can do monthly payments. That is an option. It closes when it closes.

Kristie just commented. She said, "I'm a Fat Loss Fast Track veteran," which means she's been through more than one group because after the first 12 weeks, there is a veteran's option which is more about mindset and consistency and ongoing success so that's where Kristie is. She said, "I was on the fence about joining at first and I've stuck around for several rounds. Life-altering is an understatement. I'm not at my goal weight but I have the tools to get there. I know I can create my own motivation. I have a toolbox of strategies to carry with me as I go on. Instead of beating myself up for the past and worrying about the future, I know that right now is all that matters and that all the power is within me." Damn, I'll carry that with me forever.

If you're on the fence, take a chance that these 12 weeks can change everything because they will. Thank you, Kristie. She says, "EB didn't pay me to say this." No, I didn't even know she was going to be here.

Judy says, "What happens after 12 weeks? Is there a renewal fee every 12 weeks?" After 12 weeks, if you want to keep going, that's what's called the veteran's group. The challenges are different and I think they're like exceptional. They're even better because that's when it gets into life, dealing with challenges, dealing with setbacks. Yeah, if you want to continue on, you do pay again, absolutely, but it's a totally different program. It's based on sort of the next level. The rookie group, your first 12 weeks, is really establishing a rock solid foundation and then if you want to go on, that's when we really take it to the next level of mindset, of consistency, of troubleshooting, of really getting to the nuances of staying the course, not giving up, pushing through the hard times, troubleshooting your own journey. That's what comes next.

Logan says, "For those of us on the wait list." Logan, this is your chance to no longer be on the wait list. This is the link you would go to, Logan, to register. I did open it up to the wait list a few days before this webinar, but for some people that just got on the wait list, they didn't see that, but this is your chance. You don't need to be on the wait list anymore. It is now open.

Michelle says, "I do plan great meals, drink a lot of water, pack lunches for work, but when I'm hungry, I will totally blow it and blow it and blow it. I don't just eat a bowl of cereal, I eat three and can't stop until I have that full feeling." Wait, let's

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pause there. Number one, you can stop, Michelle. You can stop, you just aren't because you haven't developed that skill yet just like if you sat down at the piano for the first time, you wouldn't nail the song because you hadn't practiced enough. Remember that Can't lives on Won't Street. It's not true that you can't stop, you just haven't practiced it enough yet.

As far as your question of like, "How do I change this? How can I stop this binging?" The first thing is awareness and that is why we focus so much on journaling and so much on paying attention to what is surrounding this. It's not just the fact that you wrote down that you had 18 cookies and 15 chocolates. That's not it. It's, Michelle, it's that we write down the circumstances around that so that when you have a day and you really, really nail it, what were the circumstances around that? Is sleep a factor? Is stress a factor? Is emotion a factor? We really study you so that it's not just this amorphous idea of, "I have to stop binging," but I really understand it better and when I understand it better, I can start to input pattern interrupts or small changes to improve the behavior.

Michelle says, "I've blown more money than this on hair and makeup in attempts to feel pretty and fulfill some self-inadequacy and I absolutely can't wait to get on this journey. I've been listening to the podcast for a few months and I'm pumped for the Fat Loss Fast Track." I love that. You know what? That's a really great perspective and I can say I've blown way more money than that on crazy diets schemes that I knew would never work.

Angela says, "The link is not working." I think it is. Make sure your cases are right. I know it is because I can see the sales coming through so maybe try it again. It's primalpotential.com/ the slash that tilts forward winter17. There's no capitals in there but I will also link to it if you send me an email, I can send you the link that you can click.

Paige says, "Going back to your lifestyle before you began losing weight, you so deep into your eating habits. What was the first small improvement? Did you have a rock bottom? If this is too personal, you don't have to answer." Dude, nothing's too personal when it comes to that. The first small improvement was my Chick-fil-A breakfast. I would go through the drive-through and get the chicken biscuit meal and the chicken minis and I decided I would get either the chicken minis or the chicken biscuit but not both. That was it.

My rock bottom moment, honestly, my whole life at that point was rock bottom. There was a moment when I realized, "Holy crap. I'm not an unmotivated loser. My strategy just sucks." That was sort of like an aha moment for me. You know, that was the first big change that I made.

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Lisa says, "Looking forward to stop trying to solve my food thing with strategies that don't work for me." A-freaking-men, Lisa. "In and out of Overeaters Anonymous for decades. If I ate a string bean instead of broccoli, I was bad. Start over." I get that. You know, I'm not here to bash any other program. I'll never ever do that because I believe very strongly in what works for you. I am not a fan of claiming that you have no control over food because of course you do. You might not be exercising control in the way you want to, in the way that feels best, but until somebody ties you up, pins you against a wall, and starts force-feeding you Twinkies, you are purely in control.

Kristie says, "Definitely signing up for the veteran's group. Looking forward to learning more EB-isms." Awesome, Kristie. I can't wait.

Courtney says, "I know I have a business trip, 11 days long, and on a cruise with no internet during this access. I'm afraid I would miss so much." You wouldn't and here's why. This is your journey and the emails and the challenges aren't going anywhere so don't let that fear stop you because that's real life. Don't put your best life on hold because you're going on an 11 day trip. Now, if it doesn't feel right for you and you're not ready to do the work, don't do it for sure. I am not here to sales pitch anybody. I want the eager beavers, the people who are like, "I'm doing this. I'm changing my life." That's who I want but don't you put your progress on hold because of 11 days. No way.

Heather says, "I appreciate your input on that. 'I am Heather and an over-eater,' surrounded by others claiming that for themselves never got me anywhere but where I started." Yeah, I mean we are what we say we are. We define ourselves in a very powerful way. If we say, "I have no control over food," like okay. You'll be right every time.

Mariana says, "I always aspired of living like a naturally skinny person, like those people who eat and that's it. How can I get there if I get all obsessed with the journaling?" You only get obsessed with the journaling if you choose to obsess about the journaling. Remember that it's about being curious and not critical. Yes, you could absolutely journal with a whole lot of judgment and become obsessed with it but that's not what I teach or I advocate or I would encourage anybody to do. It's, "What can I learn from this? What's going on here? What do I need?" The reality is if you're aspiring to live like a "naturally skinny person", why not just in a way that makes you feel your best? Why does it have to be like somebody else? I think that that's like a target you can't necessarily hit because you don't really know. Instead, how about your perspective is, "I really want to find out what makes me feel my best and I want to do that consistently."

Jennifer says, "I have to save for this as I'm a single mom. I want to do your next round. Will you be announcing other rounds in future podcasts or webinars?" Yes, it will not be a secret. I will let you know for sure.

Michelle says, "After the 12 weeks, do you still have access to the Facebook page or are you kicked off?" Actually, after the 12 weeks, the group is completely deleted and here's why. Because some people will choose to move on into the veteran's group and some people won't and I don't want other people's posts still lingering on a group and inviting other people into it. I want everybody's stuff completely gone. If you continue on into the veteran's group, you'll have a different Facebook group, but I completely delete the group out of respect for anything that was shared in the private group. Nobody can see what is posted in there except for people that are in there.

Maria says, "I was on steroids for five months. Although I am off, I have no sense of portion control or how much to eat. I don't really feel hungry or full. How do you suggest I reset my internal cues to know how much to eat?" By paying attention to your physical body. What I mean by that is either take pictures or take measurements. If you're eating too much, your clothes are going to feel tighter. This isn't like in a meal to meal thing, but week to week, be mindful of what you're eating. This is why journaling is so important. It's a combination of journaling, writing down what you eat and how you feel. Maybe there's a correlation if your satiety signals are off with energy. Maybe if you overeat or under-eat, your energy is really low but you can use your energy as an indicator. The other indicator is how your clothes fit and what your body looks like so you can look at measurements and things like that.

Let's see. "If we don't join the Fat Loss Fast Track and just purchase Breaking Barriers, can we still be successful?" You can be successful without either. You can be successful if you never hear my voice ever again. You don't need me. Sometimes people just want that structure and that support, but what I want to say ... Can you be successful with Breaking Barriers? Absolutely. Can you be successful in the Fat Loss Fast Track? Absolutely. Can you be successful all by yourself without me? Absolutely.

Sandy says, "I just signed up for Winter 17. Yeah! Landed in the hospital in August after two weeks on a crazy weight loss program that was doctor approved." Oh god. "That program would have cost \$350 per month had I not almost died. Seriously so excited to learn self care and feel myself. Thank you, EB." Wow, Sandy. I'm so glad you're okay. That is terrifying. I've had some close calls myself with insane things I've tried. Super pumped to work with you and help you reach your goals. Super pumped.

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Kristin says, "Do you have suggestions on what I can do when I feel the urge to snack due to work stress? Keeping in mind I work from home so food is far too convenient and, no, my pantry is not full of sugar." I would say what is it that you need in those moments? Are you looking to escape? The reality is often times when we over-snack because we're stressed, yeah, it's an initial distraction but ultimately it creates more stress because then we're like, "Why did I do that? What's wrong with me?" Is it that you just need an escape for a minute or is it that you're looking to relieve the pressure? If you're looking to relieve the pressure, then figure out what you can do to resolve that work stress. What steps can I take that will make this situation better? If you just need a breather, figure out what it is for you. This isn't like a call a friend recommendation, but if it's a stress thing and you're looking to escape the stress, then either solve the problem by working through whatever is causing the work stress or if that's not an option, figure out what can reduce stress for you without creating more stress. Maybe it's five minutes of meditation.

One of the things I do if I'm feeling stress here is I'll go for a walk or I'll do 50 kettlebell swings. Just creating that movement, that blood flow, is a game-changer for me.

Heather says, "I've started journaling since listening to your podcast. I find that I don't review it that much. How often should I look backwards and what questions should I ask myself when I review it?" Well, you know, if things are going great, then I wouldn't worry about it. If things aren't going great, I would say look back at it once a week. The questions to ask yourself is, "How are things going? What is working? Am I making the progress I want to make? Where can I improve and what one thing do I want to focus on in the next week?"

Tracy says, "I started going to the gym. Yesterday I did my first class workout and I left feeling more defeated and disgusted because of the mirrors. Any ideas to help me look past this? My eyes filled with tears several times and I wanted to flee." You know, I get this, Tracy, because I still struggle with mirrors, to be perfectly honest with you. You know what I do? I challenge myself and it's super uncomfortable but, you know what, I'm worth being uncomfortable if it means being happy instead of unhappy.

When I have those moments and I look in the mirror and I'm like, "Whoa. Okay. Not what I hoped to see there," whether it's a day or whether I was feeling this way when I was 350 pounds, stand there and say one thing that's good. I'm not trying to tell anybody who really feels uncomfortable in their body to say, "I love my legs," even when you hate them. That's not what I'm saying. The reality is the fact that you were able to go to the gym and take a workout class is something that a lot of people don't have the courage to do and also something that a lot of people don't have the physical capabilities to do.

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One of the fastest ways to get over not liking what you see is freaking gratitude. I have two arms and two legs and I woke up this morning and thank you for this body that allows me to be here and do this. The other thing is, Tracy, there are a lot of people who don't know that it's an option to improve their life or their body or their health. They don't know. They think that the way they are is the way they are and why bother? I would be so grateful that you know you can improve yourself because you know what? Not everybody realizes that. Turn it around with gratitude.

Alice says, "I feel like I should pay you since I lost 55 pounds just listening to the podcasts." Alice, I do what I do because I love it. That's the truth.

Julie says, "How, after 30 years of dieting struggles, were you finally able to figure this out and gain so much wisdom to be able to share with and teach others?" I think a lot of it is I was never somebody that was okay with being the fat girl but I also don't want to imply that I was always on a diet. I was either, and this goes back to being a little kid, like six or seven years old, I was always either over-restricting or way over-indulging. I didn't just do it blindly. I was always thinking about it. Even as a little kid, "Why do I do this to myself?" I was so obsessed with it in a really bad and negative way that that's why I studied nutrition in college and that's why I worked in the industry. I was always seeking answers. I think so many wrong answers really led me to the right ones. As far as wisdom, I've had a really amazing opportunity work with some really freaking incredible people. The people in my Fat Loss Fast Tracks, they teach me so much and I couldn't be more grateful. I have lifelong friendships from the people that are in these groups. It's just amazing.

Let's see. Rachel says, "Can you explain the differences between this and Breaking Barriers? Is Breaking Barriers the program without support?" No, Breaking Barriers is totally different. If you go to primalpotential.com, Rachel, and you search Breaking Barriers, there's a whole post on what it is and how much it costs. It's only mindset. There's nothing nutritional in it. It's not 12 weeks. It's an audio program that's self-guided. It's freaking awesome, but it's not the Fat Loss Fast Track. Breaking Barriers is \$197 but it's audios that you go through on your own and it's not a structured program like the Fat Loss Fast Track is. There obviously is no community. I'm not engaged in it. It is based on the mindset side of things only. Like I said, there's a ton of information. If you search Breaking Barriers on primalpotential.com, a ton of information on what it is and how it's different.

Diane says, "What's a baby step towards journaling? That sounds like a basic building block, but it's the most daunting concept to me." The baby step there, Diane, I would say is change your perspective on it. What I mean by that is

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there's, you guys know if you listen to the podcast often, that I'm a fan of classical stoicism which is sort of like a type of philosophy. They say that sometimes it's helpful to break something down to what it is. They'll say that like a bottle of wine is just like crushed grapes. That's all it is. When you say journaling is the most daunting thing, you're talking about spending less than five minutes a day writing things on paper. The first baby step I would take is whenever you notice those thoughts of like, "This is daunting," be like, "Don't be silly. It's freaking writing things down on paper. How many times have you done that before, right?" Then when you start saying, "There's all this judgment," there's only judgment if you bring it. Change your perspective on it and then I would say once you do that, don't skip that. That's number one. Number two would be do it for 60 seconds a day. That's it.

Margaret says, "The Fat Loss Fast Track starts January eighth. Is there is homework or early tracking journals or workouts available for those that want to get started before Christmas?" You'll definitely get communication from me in terms of like my thoughts, my encouragement, my feedback, and if you want to start journaling, I think that's great, but you don't get the tools or anything like that until just a couple of days before we get started.

Rachel says, "I'm asking myself, 'Is the money the only thing stopping me from doing this?' If it's just the money, not time, commitment, or something else, I will probably do it. It's way cheaper than plastic surgery, therapy, and doctors visits." Yeah, only you can make that choice.

Heather says, "Can the Fat Loss Fast Track help someone whose primary struggle is with the compulsion to over-eat?" Absolutely because you have to understand what's driving that. What is that about? Is it working for you? What would be a small improvement? This is about behavior change, whether that's alcohol, whether that's food. The reality is if we're not where we want to be with our bodies, there's something there that we have to understand. This whole entire thing is about looking inward. Ultimately, here's what determines if it will help: what you do with it. That is the ultimate determining factor.

Alice says, "Until I started following you, I did not know I was such a drama queen about food." That's awesome. A lot of people don't know that.

All right. It looks like I've gotten through the questions here. Let's see here. Let's see. Rachel says, "I keep hearing you say things about carbs at night. I don't know that I could ever get there even if I agreed with the concept." Well, if you don't think you can get there, Rachel, then you can't but the step would be, "What can I do?" Not focusing on what you can't do. What can you do? If you're saying, "This is what I can't do," that's the wrong perspective. Don't argue for why you can't. Say, "Okay. Given this, what is one thing I can do?"

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Betsy says, "I was really hesitant about journaling before starting the Fat Loss Fast Track but I told myself I would do the work and now I love journaling." Betsy, so many people say that. That's a really great point. "The first week," and Betsy's in it now, "the first week, as I wrote down all the things I was eating in a coma, I realized how important it was and it is awesome now."

Sarah says, "After yesterday's webinar, I decided to be in bed by 10 pm so I'm more rested." She's saying good night. I love that. I think that's great.

I think that I have gotten all the questions, which I great. That link, if you guys want to grab your spot. Remember, I'm going to close it when it fills up so I don't know if that will be tomorrow or the next day or tonight. I don't know. No idea. primalpotential.com/winter17. I want to thank you guys so much for being here. Like I said, some of my favorite people in the world are people I've met through the Fat Loss Fast Track. I'm so grateful for all of you, for all of your attention, and I am always, always here to support and encourage you in any way that I can for sure. I hope you guys have a great night. I'll talk to you soon.

All right, guys. I hope you enjoyed that sneak peek into one of the evenings of the Lose Weight for the Last Time webinar series. If you are feeling like you want to be a part of the Winter Fat Loss Fast Track and you want to be there and be a part of it and transform your life and not fall prey to the same old strategies that haven't worked before, if you want to build the foundation, if you want to have the structure, because the podcast is great, but the podcast is a fire hose of information. If you want the structure of week one, this is the challenge, this is all you need to focus on, this is exactly what you need to do, this is how you make it work for your lifestyle. If you want that structure, if you want the coaching, if you want the community or the Level Up Lectures to kind of keep your motivation going throughout the week, if you want the journal, any of that, you can join the Winter Fat Loss Fast Track by going to primalpotential.com/winter17. That's [winter17.primalpotential.com/winter17](http://primalpotential.com/winter17) and I'll also link that up over in the show notes.

I'll tell you this. If you're on the fence about it, don't do it. I'm not here to talk you into it. I'm really not. That's not my style. That's not my game. I will tell you that the people who go through the Fat Loss Fast Track see some of the most amazing and inspiring transformations. It is my favorite thing because I get to work with this incredible group of men and women who are determined to not be like everybody else with the deprivation, with the restriction, with the rules, with all of the negativity that comes with trying to make progress and then giving up and trying again. It's such a different experience. It's such a different environment. The people that really put their best effort into it find that it changes every aspect of their life and it's incredible. It's really incredible. It's one of the greatest

experiences I've had really ever because it's constant inspiration for me and constant learning for me. As much as they learn from me, I learn from them and we all just collectively get better.

You know they say that you're the average of the five people you spend the most time with. One of the greatest gifts in my life is spending time every single day with my Fat Loss Fast Track clients, a group of people who are looking for ways to make it work instead of settling for all the reasons that it's hard or that they don't think they can. You can join the Winter Fat Loss Fast Track. It kicks off on January eighth. You can get a lot more information and reserve your spot going to primalpotential.com/winter17. No matter what you decide, I hope you know that I am here to help you be successful and I want to do anything and everything I can to help you in that pursuit. Either way, I'm always here for you. I hope you have a great day and I'll talk to you soon.