

Elizabeth: Hey, everybody. Welcome back to the Primal Potential Podcast. It is me, Elizabeth Benton and even though the free webinar series is behind us, we are back with another episode where I am having a really candid, and quite frankly, powerful discussion with one of my clients. Now she is something special. She is a mom of four. She's got one kid who's grown and out of the house, she's got two in school ages, and then she has a three year old. Not only that, she works as a flight paramedic. She works 24 hour shifts. Her husband also works 24 hours shifts and they're not the same shift. As you can imagine she has her hands full. She has her hands full and she's talking to us about how she's making it work, to prioritize herself and her health despite a crazy schedule.

Unlike what most of us live, even crazier because of her work hours and she also has a unique pressure with her weight, in that to be a flight paramedic she has to weigh in for her job and if she is over her allowed weight more than twice she loses her dream job. We talk a little bit about that. Where the conversation gets really powerful is when she tells me about some gallbladder challenges that she's having and because she's not feeling well she's been struggling to not kind of say, "Oh well, I don't feel well so who cares? What's the point? Why bother?" We get into an amazing conversation about how this is actually a growth opportunity staring her in the face. It's not a burden and that is true for you too.

Whatever it is you're struggling with, maybe it's not a burden. Maybe it is your chance to step up to the plate and grow and really prove to yourself what you are capable of and really build that confidence this is your chance. The power you have to not give into your circumstances, but take control of your life. It is a powerful conversation and I apologize in advance, at some points the audio levels are a little bit off. It's just what happens when you have a conversation with two people, but don't worry it's not a big deal, it's just audio so don't let it frustrate you. Just turn it up or turn it down and get over. It's not one of those things we need to stress or even get irritated about. I hope you enjoy my conversation with Sarah.

Sarah: It's just the process is so different than anything I've ever done before, and I had done Weight Watchers before and, oh, I don't even know what the other names of so many other things that I've tried before. I've never been super heavy. I definitely was when I was at close to 260, that's the heaviest I'd ever been, but even when I was 180 and try to lose weight, I tried everything. This process was just so different and the first Fat Loss Fast Track gives you the foundation and it gives you tools that you need that are extremely helpful, but I felt like I didn't want to stop there, I enjoyed it.

Elizabeth: Let me ask you a quick question about that before we go further down that road. When you say that it's just so different, because I feel like there are people out there who are like me and you, who have done like every diet under the sun and when you hear it's just so different, well, how is that possible, I feel like I've done

everything? What does that mean? Does that mean like sweat lodges, you know?
What about it for you-

Sarah: I think I've done a sweat lodge.

Elizabeth: What is it for you that felt so different?

Sarah: Because it's about your mindset. It is about how you approach your day. I'd say overall I've always been considered a pretty positive person, but this is it's just amazing and it's not about the food. It is most definitely not about the food. It is about how your relationship is with food and I never ever would've said I was an emotional eater, because I always think that I'm positive and I just never would've said that. I have realized that I really kind of am and being an emotional eater's not just being somebody that eats when they're sad.

Elizabeth: Yes, exactly.

Sarah: It means when you're happy and you're with friends and just being like, "Oh, add more food in my mouth and more food in my mouth, because I'm here and I'm having a great time" and I just-

Elizabeth: Or you're stressed or you're lonely or you're anxious, it's anything on the positive or in the negative spectrum associating an emotional need or an emotional state with overindulging.

Sarah: I have loved that neurons that fire together wire together and when you talked this morning about smoking, because I quit smoking last year, I'd smoked for way too long for somebody especially in health care, and just that whole I was able to do that without any drugs, totally on my own and it was a complete mindset thing and I thought, oh my goodness, I never even correlated the two.

Elizabeth: Yeah. Yeah. When did I talk about smoking?

Sarah: It was on the webinar last time.

Elizabeth: Oh, okay. Okay, on yesterday's webinar.

Sarah: When you were ... Yeah.

Elizabeth: Got it.

Sarah: Yeah, you were talking about the neurons and if people get stress that smoke, they'd get stressed they smoke, so every time they associated that.

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Elizabeth: Got it. Yeah, sorry I lose track of when I said what where. I completely lose my mind.

Sarah: Mm-hmm (affirmative).

Elizabeth: It was different because it was primarily focused on mindset and was it that you felt like you needed more of that work and that's why you went into the veteran's group?

Sarah: Honestly, I think everybody does.

Elizabeth: Yeah.

Sarah: Just [crosstalk 00:06:35].

Elizabeth: For sure I know do, for sure.

Sarah: Yeah.

Elizabeth: My work's never done.

Sarah: Yeah and I just, of course, I felt like I needed more and I wasn't ready to let go and you know what? I will, as soon as we get back from vacation, I'm going to be signing up for the next veteran's group.

Elizabeth: Awesome. I love that. Is there anything that stands out for you specifically? A particular challenge or a particular tool? I talk a lot about ... I think people fear, when they're thinking about weight loss, that it's going to be these rigid rules and restrictions, and you know the Fat Loss Fast Track isn't like that. We talk about tools and strategies. Is there one that stands out for you as having been particularly helpful?

Sarah: Boy, that's difficult, because they're all so much helpful in their own way.

Elizabeth: Yeah, they're very different.

Sarah: The affirmations. The affirmations are, of course, the best and all of the little tricks on how to in the moment change your way of thinking and just so many different areas, not even in fat loss, how that impacts your life. I know I've heard it from other people, where they have said, "I came in this to get fat loss and look at this other little area in my life that I've improved." The evening routine was fantastic for me. Our schedules are crazy. Both my husband and I are an EMS, we work 24 hour shifts and our schedules are not the same. Everybody's coming and going.

sarah

We've got four kids. One is grown and out of the house, but two of my kids that are school age go to different schools, so that's craziness. Then I've got a three year old at home and so we're just, we live in happy chaos and it was very nice for me and relaxing to be able to every night I clean my kitchen. My sink is empty every night and it's just that one little thing how relaxing that is. The amount of TV that I have not watched ... I cannot tell you how freeing that is to-

Elizabeth: Sorry to interrupt, but I think that is something that a lot of people overlook, like Fat Loss Fast Track we absolutely talk about food. We talk about sugar, we talk about carbs, we talk about proteins and fats and how much you eat and how to know when you're truly hungry, but the things that really make a difference are the things like the morning routine, journaling, affirmations, having an evening routine. One of the parts of the evening routine that is honestly a game changer for almost everybody that does it is going to bed with a clean kitchen, because of the peace and the sense of control that it gives you and that translates into the choices you make.

Sarah: Yes. It was totally crazy too, because right around the same time my husband's reading a book, he's getting ready to do a Spartan race this weekend when we're in Florida. We did one back in June together and so he was reading the Spartan book that they put out and one of the things it talked about was going to bed. He came out and we were notorious for staying up late, drinking a lot, and those were a couple of things we kind of have done, but he came out and he said, "Okay, for the next month I'm not having any alcohol." Then he said, "I want us to change our bedtime routine."

Elizabeth: I like it.

Sarah: "I want us to go to bed early and we get up early." We get up at like 5:30 in the morning. That's something we never have done and it just was amazing because it was coming right at the same time we were going through the same stuff in the Fat Loss Fast Track and I enjoy it so much.

Elizabeth: I'm the same way. My morning routine, my evening routine it makes such a difference. Where do you feel like, because you've obviously made a lot of really positive changes, you've really established control in your life, even though you have a really chaotic life. You've got kids, you've got opposite shifts from your husband, 24 hour shifts, all of this, so you've done a lot of positive change and where do you feel like you're still struggling or having a hard time?

Sarah: I touched on this a little bit with you in my email, but I am not feeling well. For about the last five weeks I really haven't felt well and it culminated in me finding out that I'm going to have to have surgery. I have to have my gallbladder removed

sarah

and that's going to happen as soon as we get back from vacation. We get back on a Tuesday and it's going to be that Friday.

What I have noticed over those last few weeks is that being sick everything I eat made me feel bad, makes me feel bad, and I just kind of got to a point where I was like, "Well if everything's going to make me feel bad then I'm just going to eat whatever I want, because it's going to make me feel bad anyway, so I might as well have a moment," and that's just a horrible view to have. I've been struggling with that and kind of coming back to center. How to come back to center, and I don't want to have that all or nothing thoughts or that on again/off again thoughts, I'm doing the program, I'm not doing a program, because it's not a program, it's a lifestyle choice.

Elizabeth: Well let's break this down, because there's a lot of different pieces going on here in terms of what could be at the root of this, and you already alluded to what you felt like was so different about the Fat Loss Fast Track was mindset and 90% of the root of what you just said stems from your perspective and your mindset. I obviously have to say that I'm not a medical doctor, right? You do have this challenge. The attitude of well if everything makes me feel bad then I might as well eat the things that make me feel bad that I'll really enjoy.

The alternative perspective is I don't want to feel bad and I just haven't figured out what can make me feel good in this, because, yes, you need to have the gallbladder surgery. That sucks. It's unfortunate, but it is not true that everything will make you feel bad, it's just that you haven't yet found the things that don't make you feel so bad, right?

Sarah: Yeah. Yeah.

Elizabeth: And so that's part of it. The other part of it is what you said in terms of your dream job. If you justify eating things that would normally make you feel bad, because right now everything is making you feel bad, then basically what that means is you're going to lose your dream job.

Sarah: Yeah and that's-

Elizabeth: So this is not just about well I have these gallbladder issues and I don't feel well so I might as well eat all this crap because what difference does it make? This is not just about weight and health. For you, very uniquely, this is about doing what you love and so the alternative perspective that you could choose is, you know what, I have some health issues going on right now, this is the time when it matters most that I take impeccable care of myself. This is when it matters the most. Even though I don't want to the truth of the matter is when you don't want to do the work that's when it matters the most.

sarah

When you don't feel like doing the work, when you start to generate excuses of why you shouldn't or why it doesn't matter, that is the exact moment when it matters the most. That is where you make your future or break it. It's not what we do when we feel like it, it's not what we do when it's easy, it's not what we do when we feel great, it's what we do all those other times that is the difference between what we want and what we get. Does that make sense?

Sarah: Doing the work when it's not easy.

Elizabeth: Yeah. Doing the work when it's not easy. Doing the work when you don't feel like it. It's just like anybody can bring their A game at work when they're feeling like it, but the people who excel in their careers are the people who bring their A game when they have a headache or when they didn't sleep the night before when the kids kept them up, when whatever, there's chaos in their personal lives. The people who advance are the ones who say, "You know what, I don't feel like bringing the effort but I'm going to anyway, because that is what I do."

This is your opportunity to be that person, to prove that to yourself, because if you can take impeccable care of yourself when you don't want to, when you could come up with 60 different reasons why it doesn't matter that is going to be the game changer for how you operate when things are hard. This is your opportunity. Honestly, this gallbladder situation is your opportunity to grow, to make progress, to go to the next level of who you are and how you take care of yourself, and that is the perspective shift that's available to you. Yeah, you're going to be tired because you're not sleeping as well because you're in pain, right?

Sarah: Yeah.

Elizabeth: Yeah, you might not feel as well because things upset your stomach, I get that, but it's what you do when it's not easy, it's what you do when it's hard that determines what you get and I know you know that, because you do that in your work.

Sarah: Yeah. Yeah.

Elizabeth: Instead of seeing this gallbladder situation as like, oh my God, it totally sucks, I don't feel well, I'm miserable, I'm not sleeping, this is my chance to prove to myself that I can do hard things. This is my chance to prove to myself that I don't make excuses, I find a way. This your growth opportunity standing here right in front of you.

Sarah: I love that perspective. I do.

sarah

Elizabeth: And it's hard and it's your conscious choice and you will find your thoughts drifting to what does it matter, I feel like crap or I'm so tired, who cares, I'll deal with this after I have the surgery and that is when you say, "No, I do it now, because it doesn't matter what I do when I feel great and when everything's going well." What determines who I am and what I can achieve and where I go is what I do when it's hard, so here we go. This is not a burden, this is a chance.

Sarah: An opportunity to stretch what I've learned.

Elizabeth: Absolutely.

Sarah: That's a great way to look at it.

Elizabeth: If you can do that with this you can apply that to everything and you will never be held back again, no matter what your work schedule is, no matter what your financial situation is. No matter what is going on in your life if you prove this, if you build this confidence, if you say, "Yeah, there are excuses I could choose, but I won't, because when it's hard is when it matters most," boom, you've changed your life.

Sarah: That's exciting to think about.

Elizabeth: Isn't it?

Sarah: It is. That is a great way. That is very exciting to think about. Like instead of having the power ... Right now I'm giving the power over to my illness.

Elizabeth: The circumstance. Yeah.

Sarah: Yeah, my circumstance, and instead, no, I'm the one in charge.

Elizabeth: That's right. This is it's not just I'm in control of my choices, it's this is not a burden, this is an opportunity for me to prove to myself that I can do hard things and I do do hard things and I grow and I stretch and I learn. This isn't a crappy thing, this is a gift and it doesn't mean that you choose that perspective every single day, right? Because if you have a day where you give into those excuses and those negative feelings, look, you're human. Hello, welcome to the human experience. That's fine, you still know that that perspective is always available to you and every single choice is a chance to practice that perspective and the more you practice that perspective the more you choose it and you feel empowered as a result and you feel positive as a result and you feel encouraged as a result it will get increasingly more easy.

sarah

Sarah: Makes the next choice easier.

Elizabeth: That's right. That's right, because you reduce that resistance every single time. What I would challenge you to do in this, that feeling that you said, that's exciting, right?

Sarah: Yes.

Elizabeth: Whatever it was that generated that sense of that's exciting, write that down, write about that in your journal, to say this is what excites me, so that when you're having a moment where it just sucks and it's hard and you can't relate to that excitement, you don't know where that came from or where it went, that you have the ability to go back to it.

Sarah: I will do that. I will do that. I've not been taking note because I've been wanting to pay attention. I'm trying really hard to-

Elizabeth: No, no, no, it's fine, because we're recording this, so it's totally fine.

Sarah: Good. Yes, that's what I had to remind myself, because I'm like, okay, there you go doing that multitasking thing-

Elizabeth: No, it's totally good.

Sarah: And you can't pay attention to the two things at once and I'm going to pay attention to-

Elizabeth: Relisten to it so that you can regenerate that excitement, but then put it in your own words so that you have that on demand, because, look, any good, positive feeling we have doesn't last, just like any bad, negative feeling have doesn't last, but you can recreate it and you can get more mileage out of it by coming back to it and recreating it and recreating it and recreating it and understanding that there's nothing with you if it fades, like that's just what happens, we're human.

Sarah: That's normal.

Elizabeth: Right.

Sarah: Yeah.

Elizabeth: All right, so I want you to keep me posted on how that goes, because I think that flip will make a really big difference for you in your choices, in how you feel about things, in your attitude, so you'll definitely have to keep me posted on that. I'd love to know if there's somebody listening right now who maybe has been

sarah

making excuses or maybe has kind of been yo-yoing with their weight or feels like they've tried every diet, what would you say to them if they were considering the Fat Loss Fast Track?

Sarah: I think that it's time for you to get off the fence and to make a decision that is going to be something that's going to be the best decision you can do for yourself, because I haven't talked to anybody that doesn't honestly feel that way, that this opportunity has been the biggest gift you can give yourself and a lot of us, especially us in the healthcare field, don't put ourselves first and you know what? It's time to quit doing that and put yourself first, because once you put yourself first then you really can take care everyone else.

Elizabeth: Yeah and you're happier and you get more enjoyment out of life and life doesn't seem so hard.

Sarah: Mm-hmm (affirmative) and it's easier. Once you build yourself up it really is easier to give of yourself and you don't feel like all those other people are a burden or a drain or this is why does somebody need something from me? You have so much more confidence and it's time for you to take care of yourself.

Elizabeth: Pretty good stuff, right? Big shout out to Sarah for being so open and honest with me on that conversation and being willing to share it with the world. Here's what I would challenge you to think about, when you have legitimate excuses, you're not feeling well, you're stressed, things are crazy at home, your kids are eating junk, whatever it is, what obstacle can you change your perspective on to see as an opportunity for growth? Not a burden, but a chance, accepting that if you can overcome this, if you can change your perspective and do the work, even when your excuses are truly valid, that you'll never be held back by anything again, that you will choose to give yourself the power instead of giving your circumstances the power, that is everything. I hope you guys have a great day. I'll talk to you soon. Take care.