

Ep #34: Weekend Thinking



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Natalie Brown

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This is *Weight Loss Success* with Natalie Brown, episode 34.

Welcome to *Weight Loss Success* with Natalie Brown. If you're a successful woman who is ready to stop struggling with your weight, you're in the right place. You'll learn everything you need to know to lose weight for the last time in bitesize pieces. Here's your host, certified life and weight coach Natalie Brown.

Hey everybody. I want to share a review from Tara today titled, "Very informative and easy to digest. Natalie has a talent for describing weight loss challenges and teaching the antidotes to those challenges in a well thought out, easy to understand manner. The exercises she provides with each episode to take her tools taught and apply them to yourself are extremely helpful and enlightening. Additionally, with the first four episodes I've listened to so far, I have experienced an a-ha moment. Two of my favorites so far are the journey starts with where we are now, and we get to choose if we want the discomfort of not changing or the discomfort of transformation."

Love it. Thank you, Tara. Just a quick check in with you all to reiterate what Tara mentioned. Are you taking the time to sit down and answer the questions I ask in each episode? Are you applying the exercises? Are you borrowing thoughts I offer to try on and practice believing yourself?

That is my intention with this podcast. Not just to talk at you for 15 minutes but inspire your brains to think and as a result, show up differently in your weight loss journey. So if you've just been binge-listening, I love it. Now, go back and pick an episode and try out what I challenge you to do. Do it for a week and see how quickly you start to notice a difference, for real.

So I've been watching a lot of documentaries lately, especially documentaries about Disney movies. Disneyland, Walt Disney, anything Disney. I love Disneyland and I miss it. Pretty sure my Disney documentary phase is really just me getting a little dose of it in my life since I can't go right now, it being closed and all.

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My love of Disneyland comes from my childhood. Every other summer, my parents and siblings and I would pile in the car and drive to Southern California to spend a day at Disneyland and a day at Sea World, and a day at Universal, and a couple of days at the beach.

My dad, all about being efficient and making the most of our time, would always have a plan for our day at Disneyland. What rides we would go on, and in which order. This was before fast passes and before the internet, so he would buy Disney guidebooks and based on the info in the books, create and print out a big kid and a little kid schedule.

And then we would divide and conquer. We would get there at opening and we would stay until closing, and we would literally run through the park to stay on schedule and get it all in. I loved every minute of it. And the magic I felt based on my thoughts in those days has stayed with me. I still feel magic at Disneyland.

Nowadays though, with my own kids, we go for multiple days to both Disney parks, and we walk from ride to ride. No need to run anymore. And in fact, they don't let you run anymore. We've injected a little more relaxation, a little more leisure into the experience.

This idea of getting it all in, like we did at Disneyland in my childhood, I see coming up for my clients on the weekends. For some reason, the now's my chance and I have to make the most of this attitude seems to show up most often on Friday through Sunday.

I'm also noticing a tendency for them to want to escape on the weekends. Anybody else? To find relaxation or relief, usually in the form of overeating or overdrinking. So I want to break it down today and have you start the work of changing your weekend thinking so you can be just as successful there as you are during the week.

It seems to be a common misconception that for some reason, the weekends don't count. Like we have to get it all in or eat it while we have the chance because no one's looking, or it doesn't matter. To me, this is

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strong evidence that we are believing the thought I can't eat these things on Monday through Friday, and as a result, on the weekends, this thought shifts to it's not allowed, but this weekend is a window and so I'm going to hurry and do it while I can.

It's that rubber band of resistance being pulled back all week long. I can't, I can't, I can't, that then snaps back and has us rebound eating all weekend long. So I'd like to insert a reminder to all of you who are believing this. You can eat whatever you want whenever you want to.

Want to eat pizza for dinner because it's Saturday night? Guess what? Dominos delivers seven days a week. Want to have a mimosa at 10am because it's Sunday brunch? Guess what? Champagne and orange juice are legal for everyone over 21, 24/7.

The foods available and the consequences of consuming those foods, for better or worse, are the same no matter the day of the week and choosing to ignore that or pretend it's not true really costs us in the end. What are the foods that you are putting in your weekend plans that you're somehow during the week choosing to think are not available to you?

That's a lie. Let's just stop believing that lie, shall we? Let's address the most important facts here. The reality of the weekend, if you will. What exactly is the weekend? It's comprised of days of the week, the sun rises and sets on these days, just like it does during the week. We need to eat food on the weekends and have meals, just like weekdays.

We have things going on on the weekends. Activities, responsibilities, obligations, events, relationships. There's still stress, still pain, still suffering, even on Friday, Saturday, and Sunday. Now, there are some differences I'll give you. Many of us don't have work and kids don't have school. We have different responsibilities and activities, but there are more similarities than there are differences in terms of the reality of the weekend.

Be willing to transparent with yourself here. Most of the differences are not in actuality true differences but are simply the thoughts we're choosing to

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believe about the weekend. It all still counts. It all still matters on the weekend.

Taking care of yourself, being aligned with your highest self is still just as important on Saturday as it is on Tuesday. And the consequences of making decisions that aren't aligned remain the same every day of the week.

We need to extricate ourselves from the idea that the weekends are somehow different than the weekdays. Weekends are often also a time we look for rest and relief, a break from responsibility and routine and a schedule.

The question that is important to ask here though is why do we look for a break? Why do these things feel like a problem? Why do they feel uncomfortable during the week and then better on the weekends when we don't have to have them?

So let's learn to look at what it is we really need on the weekends. We end up looking to food or alcohol to create the feeling of relaxation or relief, but food does not have that power. The only thing that creates a feeling is your thoughts.

What all of the overeating and overdrinking really create is a Monday morning full of shame and guilt and probably some bloating and generally not feeling great. Where you have to reconcile all you ate and the way you took care of yourself.

We need to ask what is it that we're feeling we need a break from and what feelings are we wanting to create instead. The answer is not to use food or alcohol to try to get that break or create those feelings. The answer is to learn how to bring some of those weekend feelings we are trying to create, to pull that from the weekend into your everyday.

If rest is an important part of your self-care on the weekends, and relief is something that your brain and body really need on the weekends, that's

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because you're not getting enough of it on the weekdays. You're experiencing the opposite of that rest and relief Monday through Friday, whether it's pressure, stress, whatever.

So what would rest look like on Monday? What would relief look like on Wednesday? We want to create a pressure valve release throughout the week, so it doesn't feel like we need to just open up the lid and let it all out on the weekend. That's not serving us in the end.

What that is actually creating for us is backtracking. Losing two pounds during the week and then gaining three on the weekend. Keeping our commitments and building trust with ourselves on the weekends, and then throwing it away on the weekends.

I called this podcast weekend thinking, not weekend eating for a reason. Adjusting your thinking around it is critical and will change your weekend eating. So here's what I want you to take a closer look at. What are the facts of your weekend? What's the same about Friday through Sunday for you? What is actually different than the weekdays?

What do you believe about food and what is available to you on the weekdays versus the weekends? Why do you believe this? Is this belief serving you? Are you willing to let it go? What are the feelings you are looking to feel or escape on the weekends, and what are you believing the food or alcohol will create for you? How can you pull a little of that into every day, instead of saving it up for the weekend?

Okay lovelies, please leave me a review and let me know your favorite podcast episode and why you love it. And then let me know at itbeginswithathought.com/review so I can share your review and then send you a super fun gift as a thank you. See you soon.

Thanks for listening to this week's episode of *Weight Loss Success* with Natalie Brown. If you want to learn more about how to lose weight for the last time, come on over to itbeginswithathought.com. We'll see you here next week.