

PODCAST STUDY GUIDE

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*From Deliberate to Automatic*

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**EPISODE 78**

Do you ever wonder how to know the difference between making excuses or justifying something versus being kind to yourself? Do you have questions like:

- How are you choosing deliberately and with intention, thoughts, feelings, and actions that get you closer to future you?
- Do you know why you are doing what you're doing, loving those reasons, and reminding yourself of it every time your toddler brain offers you the easy way out?
- Are you doing the work on your mind, not just changing what you eat?
- Are you believing on purpose that you will figure it out?
- Are you practicing patience and persistence?
- When you feel like giving up, and even if you do for a minute, do you take a deep breath and keep going?

**It's about doing the things that feel hard repeatedly until they feel easy until they go from deliberate to automatic.** Get out there and make it happen.

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*Natalie Brown*

IT BEGINS WITH A THOUGHT COACHING