
Listener Questions Part 2

EPISODE 86

Engaging in unhealthy habits and sabotaging our goals and weight loss, even though we believe that our lives will be genuinely better once we've put them behind us, is very common. It's a huge part of the struggle.

One of the most important things to honor is where you are and what is true.

We have conflicting desires and competing wants. Acknowledging that that is true can be very freeing in and of itself.

To get those desires out in the open, start by listing your ultimate desires, the things you really want.

Next, make a list of the things you desire today. This will be a list of things that "current you" desires, as opposed to "future you."

Then, be clear and honest about what those current desires will create in terms of "future you."

Once you've done this inner work, make small changes that feel doable and desirable. The changes you're making have to be both, or they won't be lasting.

Think of small ways you could upgrade it to be more in alignment with your ultimate desires.

I think there are a couple of key things to sort through before you take any action.

- Why do I want to lose weight?
- Why that number?
- What am I really after?
- Why does this matter?

I think it's critically important to understand this and be in love with your reason.

Natalie Brown