

Ep #97: My Favorite Nuggets of Wisdom Part 5



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Natalie Brown

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This is Weight Loss Success with Natalie Brown, episode 97.

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 loss coach Natalie Brown.

Hey, everybody, back again with some golden nuggets from the podcasts for you. I have a challenge for you today, find a thought in this episode, a sentence, phrase that I share that really resonates with you, and ask yourself why? Is it something new to you? Is it something that you really needed to hear or work on? Is it something that connects to or aligns with your values, or does it feel like a deep remembrance?

Sometimes, I hear a quote, and it resonates because it feels like a soul truth. Like, something that feels true at my core, and then take that phrase and make it the lock screen on your phone, or write it on a post-it, and put it somewhere where you will see it. And every time you do, ponder it again. Allow the feeling it creates to expand in you. Let it in deep into your understanding.

From episode 56, the Process vs. the Product, Thomas M Sterner says this in his book, *The Practicing Mind*. When you focus your mind on where you want to end up, you are never where you are. Instead of putting it into what you were doing, you exhaust your energy with unrelated thoughts. We often look at our progress with the end in mind, and we end up never being where we are. We're in the past thinking about all the evidence that is holding us back from success, or we're in the future-focused on how far we still have to go.

It takes us out of the moment and uses the energy we could be pouring into making aligned decisions now, practicing skills now, and exercising patience now. It spends it instead on imaginary things that get us nowhere. Sterner says when you focus your mind on the present moment, on the

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process of what you are doing right now, you are always where you want to be and where you should be.

All of your energy goes into what you were doing. If your focus is not just lose 30 lbs., the product, and is instead eat the food that this meal that I have planned, ends up feeling good in my body, or stop eating when I am full the process; then, your goal is just paying attention to what you're doing now. What is in front of you now? The task at hand now, and you get to feel success at accomplishing that goal over and over all day long. And you know how I feel about celebrating and feeling success, as much as possible along the way. It's an incredibly important part of creating new habits.

We want to focus not just on the product we want to achieve but also on the process we need to engage in to get there. This doesn't mean we take our eye off the prize completely. We just use the goal as a rutter to steer our practice instead of the measure of how we are doing.

Episode 57, My Soapbox, there is no one solution that works for everyone forever. I support people losing weight when it's driven by love for them in their bodies. I do not support the idea that everyone should lose weight or should lose a certain amount of weight to be a certain number to meet a certain ideal or expectation. I also don't support the idea that there's one best or most effective way to lose weight if you choose to do so.

We have to learn to let go and listen. We have to let go of the idea that there is one answer, one solution. And that what worked for someone will then most definitely work for you. You have to let go of the idea that if one thing doesn't work, nothing will. We have to let go of the idea that we should look and behave like someone else's. We have to let go of the idea that someone outside of us has the answer for the inside of us. We have to let go of rules and expectations that are driving us in the opposite direction of the one we want to go.

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We have to let go of the belief that our body is our value. We have to let go of the belief that we are broken. We have to let go of the idea that we'll never figure this out just because we haven't yet. We have to listen to ourselves. We have to listen to our bodies. We have to listen to our wisdom. We have to listen to what works for us and what doesn't. We have to be willing to try new things in new ways. We have to be willing to have something we try not work and keep going anyway. We have to be willing for it to feel hard and have that be okay. We have to be willing to let kindness for ourselves; you serve any prescription of what we should or shouldn't do, there is an answer for you. There is so much out there for you to try.

You, finding that answer is inevitable if you learn to listen and keep going. Your answer, however, has to come from you. There is one thing above all others that is my only it works for everyone solution, and that is love. When you love you, every decision is the best one, even if it doesn't work out how you want it to. Because it was the decision you made, and you have your own back no matter what. That is the soapbox that I will stand on and stay on. Figure out how to love you and go all-in on that. It will change your life.

Episode 58, Borrow A Feeling, there are so many emotions that are powerful and useful in our weight loss process. When we think about our emotions for being the fuel for our actions, we can see how important it is to be able to generate or access feelings that will move us forward. Most of us have inadequacy, shame, frustration, and hopelessness down pat. We can bring those up in our bodies with hardly any effort. And those feelings are what drives us to overeat, to throw our plans out the window, ignore how our bodies feel, and give up on our health goals.

We want to learn how to generate and access feelings like love, compassion, gratitude, pride, and patience. So, we can use them as fuel to take the actions we want to take. Like, eating when we are only hungry, not in order to escape the shame. Like, listening to our bodies and stopping when we are full. Like, paying attention to how foods feel in our bodies and

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giving it what it needs. Like looking at our missteps with curiosity instead of judgment.

Like, moving and exercising in a way that feels good, instead of like a punishment. Engaging in conversation with yourself is so powerful. We're doing it anyway, mostly by default. You know that voice in the back of your head bossing you around and berating you, the conversation is happening, it's just that we think it's passive for most of us. It just happens. We don't realize that we can engage and talk back. We can converse, not just be lectured. We can proactively start and stop conversations that do or don't serve us.

We can change the conversation, guide the conversation, monitor the conversation, and stop the conversation. It just takes recognizing and believing it's a thing. If you think I'm crazy, just start listening. Notice what's going on up there outside of your awareness.

Episode 59, The Reverse Golden Rule, the golden rule; do unto others as you would have them do unto you is actually do unto others as you would have them do unto you in order to manipulate them into treating you a certain way so you can feel a certain way. Be respectful, so you can feel respected. Give compliments so you will get a compliment. It's oftentimes selfishness disguised as selflessness.

What if the golden rule was to do unto others as you do unto you. How would that go? Think about the way you talk to yourself, regard yourself, judge yourself, feed yourself. What if you had to go out into your families in the world and started treating everyone the way you treat yourself? From Jordan B. Peterson's 12 Rules for Life, rule two expresses what I think is the reverse golden rule. The one we should use to guide our weight journey. Treat yourself like someone you are responsible for helping. Have you ever asked yourself that? Just a simple question, how can I best help me here?

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From Episode 60, Forgiveness, we have a lot of beating ourselves up going on in the weight loss process. I think that comes from our inability to forgive ourselves for missteps and mistakes along the way. Even intentional wrongdoing to ourselves. Where we are like, screw the goal; I am eating all the things. Forgiveness for ourselves in these cases is like a lifeline of compassion. It allows us to move forward with a focus in the direction of our goals, unburdened from our past actions.

But I think we see it as going too easy on ourselves a lot of the time. And we think if we forgive, we are being too permissive, and we will never learn. But I think it's worth looking into that to see if it's true. This process of separating facts from the story, looking at the sentences my brain is currently choosing to use to tell the story, noticing the feelings those sentences are creating, and questioning them is how I start to have some authority over it.

Through this looking closer process, I am able to start making some more deliberate decisions about what I want to think and feel about the situation. It's okay to make it mean something about me. It's okay to make it personal. It's okay to feel hopeless and frustrated and hurt. These are natural human emotions. They are not problems to be solved. They are experiences in my body, and I see them as messages.

Messages alerting me to something I might want to take a closer look at. Not things I have to change as soon as possible. Forgiveness is something we think we give to someone else, but it's actually a gift we give ourselves. Because the someone else doesn't feel your forgiveness. They don't feel the feeling you have. Only you do.

From episode 61, Compare and Despair, I miss seeing what I have when I focus on what I lack. I'm sure you've heard the saying; comparison is the thief of joy. I think this is true because of the blindness we experience to what we have when we focus on what we don't. It's difficult to feel joy in the deficit. But it is a tendency of humans to frequently compare ourselves to

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others, which is, yes, all humans. I have heard statistics like, 10% of our thoughts each day are comparisons of some kind, so, it's quite often.

We compare ourselves to others to keep our bearings as to where we fit in or to make sure we do fit in. If the function of what we talked about before, our primal needs to be accepted and acceptable to the tribe. We compare ourselves to gauge our skills to our value to the tribe, to see how we're doing. Much of the time, we don't think critically about what and who we're comparing ourselves to or why. These are important considerations.

When we want to feel better, we compare ourselves to someone who is doing worse. When we want to improve, we compare ourselves to someone who is doing better. But this doesn't always serve to motivate us. Sometimes it just serves to make us feel worse about where we are. You may not be exactly where they are, but you can be with some thought and attention to the little changes you can make to work your way there.

You don't have to do it exactly as they do in order to be successful. Your path will be yours. But you can look at it how someone else does or achieve something. There is a method to their success and look at how you might take steps in your own life to do the same in your own way. If all you feel is down and discouraged when your brain is comparing you to others or yourself, disrupt it. Choose to look at your progress instead of your problems. The gains, not just the gaps.

Choose to see what there is to be grateful for and how it is exactly as it should be. Notice how much worse your brain makes it than the reality of it. Think about how you are the someone that someone else might be comparing themselves to. You are a role model to someone, just like you look up to your role models. Comparison may be the thief of joy, but you can protect your joy and be the hero, not the victim. It's completely your choice how you use comparisons in your life, to your advantage or your detriment. It's up to you.

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From episode 62, Will Do/Want to, many of us have some goal trauma. And therefore, avoid setting them at all costs. We've had the experience of setting a goal and going after it with pure force until we achieve it. And it felt terrible and exhausting, and it didn't, in the end, give us the magic feeling we thought it would. And others of us have goal PTSD from perpetually setting goals and never achieving them, and therefore making it mean we are broken, useless, lazy, and whatever else. Therefore, never want to set goals because it feels terrible and like a setup to feel failure and shame.

We usually set goals thinking they have to be hard that the point of the goal is to push us to new heights, to challenge us, to show us what we're made of. Now, I am not ever going to say they can't be that. Of course, I'm all about growing and showing yourself what you're capable of. But goals don't have to be hard and all about growth. They can also be about inspiration and happiness, and personal satisfaction. I think making space for things we want to do and know we will do also allows us to feel success along the way. Which is an important part of our ability to keep going and create real change. By focusing on what we want to do and will do, we can start to see that setting and achieving goals can be fun again.

Have you ever noticed we're often creating goals around what we don't want to do anymore instead of what we do want to do? Like, I am going to stop drinking soda, I'm not going to spend money on eating out this month, I am not eating flour and sugar for the next six months, no more overeating, beating myself up/eating off plan/eating at night. Even the idea that we want to lose weight focuses on what we want to get rid of. So, reframing our goals to feature what we want instead can be a powerful shift in it of itself.

Look at the goals you have now, reframe them into, want to goals. What you want to change instead of what you don't want. Part of what gets us into the unfun goal trap is us thinking it has to look a certain way to count. That a little is not enough, that it has to be all or nothing. Fun goals accomplished consistently count as goals. They create a feeling of

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success, and that feeling of success bleeds into other less traditionally fun areas.

The facts are I am setting a goal of doing or accomplishing something. I wasn't previously doing or accomplishing. And I am doing and accomplishing it consistently. I am showing myself that I am a person who can do things consistently. I am creating evidence that I can take care of me. I am showing myself that I am a priority. That what I want matters. That I do what I say I am going to do.

The thing we say we're going to do or want to accomplish doesn't have to be painful and hard for it to count. The power is in the principal. I set goals, I follow through, I show up for me. If this is true, then we can replace these will-do goals with any goal and create the same result.

From episode 63, Freedom and Permission, most of the women I talk to want desperately to experience freedom around eating. Freedom in their bodies, freedom from food chatter, freedom from judgment, and shame. And yet, most of us hold the belief that true freedom is eating whatever our in-the-moment brain tells us it wants. It's a narrow view. It discounts the consequences of all that free eating. Eating whatever we want for most of us means tuning out what our body needs and only honoring what our brain wants. It typically results in a body that is less free and more restricted with its ability to move in the world in the way that we want to.

More restrictive when it comes to energy levels, less free in many ways. The idea that we are not free to eat whatever we want is also a lie. Even if we were following an eating plan that dictates what we can and can't eat, we are making a choice to follow it. We are allowing or restricting; we are putting the food in our mouths or not. It's always up to us no matter what outside guidelines we are blaming the restriction and deprivation on.

This drive for freedom is an intense human desire. To feel we are free to do and decide for ourselves. It's an innate desire for autonomy and self-determination. When we feel our freedom to do and decide for ourselves as

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being threatened, we rebel. We hear the oh yeah, and I'll show you, and you can't tell me what to do's start to come up. Even if the you is actually yourself telling you what to do. It's your toddler brain reacting to your adult brain.

It's like when someone says, don't push the red button. What do you want to do more than anything? This rebellion has an official term and, in fact, a whole psychological theory dedicated to it. It's called psychological reactants. Psychological reactants theory is based on the foundational principle that "individuals cherish their freedom, choice, and autonomy." And that when we perceive a threat to our freedom to choose psychological reactants occurs where we seek to restore or reestablish our threatened freedom.

When we think about this in the context of food and eating and weight loss, we may perceive our freedom to eat sugar threatened by a plan that recommends cutting out all sugar. Many of us seek to restore our freedom by eating as much sugar as possible when the opportunity presents itself. Or if the plan recommends daily running for exercise, we need purposely not exercise to restore our freedom. This is referred to as the boomerang effect.

We do the thing we are told not to do or don't do the thing we are told to do just to feel we have restored the freedom to do what we want. This is a deeply engrained response. When you think about it, it seems silly, right, that we would rebel against ourselves. And oftentimes, something we think would be good for us, just because we perceive a threat to our freedom.

We often overeat in response to a perceived freedom threat. We boomerang into a bag of chips or M&M's because we're trying to restore that freedom. If there is no perceived threat, there is no boomerang. If it is ultimately our choice, we will make a more aligned, a more conscious choice than if we were blinding rebelling against a threat to our freedom to choose. Who suffers when we rebel against ourselves? Who has to live with the consequences? Who feels the pain we do?

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From episode 64, The Growth Zone, one of the most important things to embrace in the process of any change, but especially weight loss, is to meet yourself where you are. We create a goal for the future based on who we want to become, we have a vision of our future selves, we know what we want our bodies and lives to look like after, but we're not there yet. We are not yet the person who listens to her hunger and satiety and governs her food choices based on what feels good in her body.

We are not yet the person who knows how to and chooses to take care of herself no matter what is happening in our lives or where we are. And yet, most of us are making our food plan as if we are that person. We are creating these perfect-looking plans that our future self is all about. But we are not taking into consideration where we currently are and what we're all about now. We are setting goal timelines as if there's a magical fast track that will get us to future me asap, with no consideration of who we are now, and what we are capable of now, or what skills we still need to build.

We are looking at our bodies as a nuisance on the way to her perfection that they will be when we see the "right number" on the scale, with no connection to what it feels like to be us. Now, the opposite is also happening. We are so in the now, so bogged down by all the negatives we see in ourselves now. We have no future perspective and no hope. We can't see past the struggles and obstacles we face currently to the possibilities to the future.

I want you to imagine a Venn diagram where one circle is our current selves, our comfort zone, and the other circle is our future selves, our uncomfortable zone. When we are focused on the obstacles of now, and the challenges of now, and the failures of now, or we are living and eating by default because it's what we've always known, and it's what's comfortable. We are standing solidly with both feet in the comfort zone.

When we are solely focused on our future self and being "perfect" as she is right now and eating what we're supposed to eat in the future, we jump from our comfort zone into the unfamiliar, uncomfortable zone of future

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unknowns. We can only handle it for a minute before jumping back. What we want to do in order to create lasting success and change is to stand in the middle where the two circles intersect. Where there is a mix of the comfortable and the uncomfortable. The discomfort zone, the growth zone.

We push ourselves out of our comfort zones just enough that we hang out in the growth zone, but not too far, so we get into the un-comfort zone and end up quitting or failing hard. We want to push ourselves, challenge ourselves, for sure. That's how we evolve and change and become our future selves. We just don't want to push so hard that we go off the edge. We want to keep our future self in view while we accept and honor our current self. What she is capable of now, and what skills she needs to build and practice in order to become and embody that future self someday.

We always want to know where we are as well as where we want to end up in order to create a map, a guide, a step-by-step plan of how we will get there. Pushing yourself slowly and deliberately out of the comfort zone, listening to the resistance that happens in your mind as you do this, addressing the complaints that come up, and allowing the discomfort of growth; that is a recipe for success. That is how we move from our current selves to our future selves and stay there. Because we have become her in the process.

From episode 65, Balance and Contrast, when we make changes at first, it feels like a shock. I watch my clients spend time feeling a little lost and a little out of whack, and a little confused. Your body and brain are like, what is happening? We're able eventually to come to terms with it, but it takes some growing and getting used to, and some acceptance, and finding balance. You may not be thinking that balance fits here necessarily, but when we're eating without regard to how our body feels and without consideration of how our actions now are impacting our body's future, we are out of balance.

When we're focused only on in-the-moment pleasure and not on long-term well-being, we are out of balance. When we try to make changes in order to

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restore the balance, of course, our brain is going to complain. It feels so different and uncertain. The contrast is high. Eating whatever you want in the moment without thought or consideration of the impact to your body in an hour, or week, or year, feels fun and carefree and feels like it skips the hard of saying no to ourselves in the moment. But it creates a lot of hard in the end. It makes it hard to move, trust yourself, believe you can keep commitments, and take care of you.

Balance doesn't always look like equal parts or a little of everything. Only we know what balance is for us individually and in different aspects of our lives.

From episode 66, Accepting reality, think about how much of your time you spend thinking about the past and wishing it was different. You know you're thinking about the past because there's a lot of, I should have/I shouldn't have's, I wish, and if only happening. Regret also signals past thinking. So, it sounds like I shouldn't have eaten that. I should have known better. I wish that would have happened differently, or I wish I could go back, or I wish I had my 20-year-old body again. If only I had planned better, reacted differently, listened, etc.

Now, think about how much of your time you spend thinking about the future and what you hope is different and not in the aspirational. I am going to create this new future for myself weight, but in the I desperately need to escape to somewhere better way, or I have no idea what the future holds, and that is the scary way. You can recognize this future fear thinking because there's a lot of, I can't wait till, or what if. Worry lives in the future.

It sounds like I can't wait till I lose this weight, or I can't wait till I get rid of this struggle. I can't wait till blank happens, and I can finally feel blank, or what if this doesn't work? What if I can't do this? What if I fail? If we are in the past or in the future, we are not here and now. When we can only look back and see what went wrong or look ahead to what might still go wrong, we are overlooking what is. And that always feels unsettled, unstable,

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inauthentic, this overlooking of what is, this arguing with reality is an argument we will never win, as Byron Katie teaches.

When we accept ourselves now and feel love and compassion for us now, instead of disgust and dissatisfaction, we show up totally differently for ourselves. We treat ourselves differently. We make different choices. When we pretend to not notice what we're eating, how we're taking care of ourselves, or we tell ourselves it doesn't matter and that no one will ever know, so it doesn't count.

We are lying, even if no one else knows, you know. And you are the only person that matters, anyway. Accepting reality and taking responsibility sometimes feels scary. Letting go of or being willing even to take a look at things you believe about you, your body, your journey can be overwhelming. So, telling the truth here is powerful, too. This is what life looks like right now. This is what I believe about me right now. It is accepting reality, but it's also leaving the door open for that reality to change.

From episode 67, Gratitude Out Loud, I heard of a study that found that negativity is 4-7 times more powerful than positivity. Crazy, right? Even crazier is the fact that when you say something out loud, it's 10 times more powerful than if you just think it. So, if you're saying something negative out loud, it's 40-7 times more powerful, that much more likely that it will happen, or the result you create will not be good for you, intense.

I have noticed myself that there's a huge difference between what it's like to think something in my mind, compared to writing down and seeing it/reading it with my eyes, or hearing it with my ears. The more sense you can involve in the process, the better. It requires different areas of your brain to process and comprehend what you see, read, and hear. So, it's like looking at it from different angles and getting a different perspective when we interact with our thoughts outside of our mind in these different ways.

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We spend so much time nitpicking our bodies and being frustrated with our brains for taking so long to change. It may feel nearly impossible to you to find and feel gratitude right now. But, start where I always recommend you start, where you are, start tiny. You don't have to be all in on loving your body and everything about it in order to see some tiny perfect magic and generate some gratitude.

Start in general terms with your body. Can you just be grateful to be alive, even if it's the tiniest and most general thing you can find to appreciate about your body? Look for it, seek it out, choose to acknowledge it, and then speak it out loud. Or just start with a whisper and choose to notice the impact it has on your life.

From episode 68, Review and Refresh, I want you to think about where you are on your weight loss journey. Whether you are just thinking about getting started or you're somewhere in the process, it's so important that we review where we are and refresh where necessary. So, that we can move forward and keep creating success.

Where in your weight loss journey could review and refreshing benefit you? Where have you gotten into patterns that aren't moving you forward? Where are you stuck doing what you've always done even if it really isn't working anymore? Review your beliefs about you and your capability. Do they need a refresh? What about your thoughts about weight loss, your body? Do they need a refresh?

What about your goal? Review it? First of all, is it still what you want? Does it reflect what you value? Is it realistic? What about your timeline? Is it realistic? How could you refresh your goal and or your timeline in order to keep going? I have said it before, and I'll say it again and again. Your future you, your health goals, are inevitable if you just keep going.

From episode 69, The Truth About Making A Plan, as I was typing a list of planning that I have heard from my clients, I seriously could have kept going for a whole day. And it got me riled up because it made me start thinking

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about all the lies and BS that I hear their brains offering them that is keeping them from living the life they want in the body they want. It's keeping them from stepping fully into their greatness. It's holding them back from their future selves becoming a reality.

Planning ahead of time with your adult brain with love for your future self and learning how to honor that plan no matter what garbage your toddler's brain offers you is everything. It is you choosing what you want most over what you want in the moment. And that skill is the one thing that will change everything, everything.

I know you may have your own thoughts and objections about planning ahead of time. You may have been scarred by your past experiences of food journaling everything that went into your mouth. You feel rage and extreme resistance with the idea of measuring and weighing, and calculating. I get it. It's not comfortable, but the power is in the principle here. In the moment where there is a strong desire and no rationality, it's not the time to make eating decisions. In the moment is where your toddler brain is in charge.

It's about quick fixes and escape hatches. There is no foresight in the moment. There's not rational thinking and careful consideration of the consequences. It's all impulse and habit. If you haven't used your adult brain to make a plan in advance, to make decisions ahead of time, you're up a creek without a paddle in the moment of desire. Just floating along with whatever your toddler brain wants to do. And if you have listened to me at all, you know your toddler brain wants immediate gratification, period.

There's no, what about my goal, with the toddler brain in charge. There's no, how will I feel in an hour or tomorrow if I eat this, with the toddler brain in charge. So, making eating decisions ahead of time with your adult brain is critical. Your adult brain that can think about what it is you really want. Your adult brain that can see far into the future and anticipate consequences and dream and imagine; your adult brain that knows what

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makes your body feel good and cares more about that than taste experiences.

Your adult brain that has envisioned your future self and knows she is born out of the hard decisions now, the choices you make now. The way you choose to take care of yourself, now. That is the part of your brain that you want in charge of making these important decisions. This is the part of your brain that you want to task with taking care of you. Making a loving realistic plan is freedom. It frees you from decisions in the moment. It frees you from the guilt of the day of eating without regard to how you feel or what you really want. Without order, there is chaos. A loving realistic plan ahead of time will bring that order.

From episode 70, last but not least, Transition Trouble Spots, living life and taking care of our responsibilities, and managing it all requires a lot of our brains; they have a lot to balance. It's no wonder that our brains want a break between work and home, between client calls and kids. Between the work week and the weekend. And why these are the places where we are going to food to help us create that break.

Our brain is looking for a signal that one thing is over, and the next thing has started. A delineation between one set of expectations and the next. This is why you may find yourself grabbing your phone and scrolling social media at the end of a client meeting. Or immediately wanting chocolate as soon as you pull into your driveway after work. Your brain knows what's coming. It knows that you will open the door and be met with another set of demands or expectations, and it is just looking for some relief from the pressure, or some peace from the stress, or an escape from the overwhelm. Food has played that role poorly and at a cost.

But still, it has worked in the past. So, your brain has logged it as the transition solution. As one means to the end, that being feeling better. The first step is to identify that transition trouble spots for you and understand why they are presenting a challenge. Then, try to identify what your brain is

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looking for by engaging in these behaviors. That is what we want to zoom in on. What does my brain and body really need in these moments?

Transitions in your day and in your life don't have to be trouble spots. If we can come at them with an understanding of what it is, we really need and approach solutions with intention.

Okay, everybody, a little over one week until applications for my brand new weight loss group open up. They open January 1st to those on my waiting list and January 5th to everyone else. If you want first access to the opportunity to work with me and learn how to meet your health and weight goals while learning to love you and your body, head to itbeginswithathought.com/waitlist. 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.