

Balance365 Episode 164 Transcript

ANNIE BREES (INTRO)

Welcome to Balance365 Life Radio, a podcast that delivers honest conversations about food, fitness, weight, and wellness. I'm your host Annie Brees along with co founder Jennifer Campbell. Together we have a team of personal trainers and nutritionists who coach 1000s of women daily and are on a mission to help women feel happy, healthy, and confident in their bodies on their own terms. Join us here every week as we discuss hot topics pertaining to our physical, mental and emotional well being with amazing guests. Enjoy.

ANNIE BREES

Hello, my friends welcome back to another episode of Balance365 Life Radio. Do you ever feel like you can't get out of your own way? Like you're the one creating problems for yourself? Maybe you have a strong desire to lose weight but you resist going after it or you find yourself thinking, "Why bother?" Or, "I can't believe you just did that." If so, you're not alone, but you are likely engaging in weight loss self sabotage, and this episode, my friends, is for you. By the way, don't forget to register for our free workshop coming up a back by popular demand, "Cut the Crap: How to Simplify Weight Loss and Get Out of Your Own Way." We're going to be discussing what works, what doesn't, and how you can pursue weight loss by working with your body and your brain, not against them because that's what Balance365 specializes in. You can find the link to register for this workshop at balance365life.com/free-dash-workshop. We can't wait to see you there. Enjoy.

ANNIE

Hi, Jen, how are you?

JEN CAMPBELL

Great. How are you, Annie?

ANNIE

I am so good. Have you ever self sabotaged?

JEN

Yeah, for sure.

ANNIE

[Laughs]

JEN

All the time.

ANNIE

Yeah, it's pretty common wouldn't you say?

JEN

Yeah, I just came out of a self sabotaging period of my life where I was just constantly doing it, and kept doing it until I called myself out on it.

ANNIE

It can be pretty sneaky, though. Like, it can be almost habitual, or just a reoccurring pattern. You can be a seasoned coach and be doing it. Clearly, we're both standing examples.

JEN

[Laughs]

ANNIE

But we're gonna dive into what it is, why we do it, and how to work through it.

JEN

Yeah.

ANNIE

Yeah. So why don't we start off with defining, what is self sabotage?

JEN

Yeah, it is, self sabotage is sometimes called self defeating behavior. And it's behaviors that undermine your best, most conscious intentions. And self sabotage pops up in even the most successful people.

ANNIE

And as we were saying, it can be sneaky, and it can also be unconscious, right? Like, you might not even be aware that you're doing it. And it could also just be a feeling like, some resistance, avoidance, wanting to, I always say, like, tap out of a situation like, "I don't want to be here. I don't want to do this. I don't like...No, thank you." Right? [Laughs]

JEN

Yeah, for me, it shows up in busying myself with things that aren't important.

ANNIE

Like what?

JEN

Like, cleaning my house. Just getting urges to like, change everybody's sheets. [Laughs] And I'm avoiding, I'm avoiding the thing that I had committed to.

ANNIE

Yeah. And it can also show up as quitting, perpetually quitting, like not finishing what you start. And this was a way I self sabotage a lot. And still do sometimes. I have, I'm great at starting things. I'm not so great at quitting, and we can dive into more about like, why that would be. It can also just come down to just not showing up. Right? Like, you're not even gonna try, right? Because after months, or even decades of self sabotaging, you might think like, this isn't gonna happen for me. And yeah, so it's possible to develop such a strong habit of self sabotage that you just don't even set goals.

JEN
Yeah.

ANNIE
Why give any effort, show up in the first place, and we often hear that from members that feel like weight loss is impossible.

JEN
Yeah, totally. They have likely engaged in self sabotage so often, it really does feel impossible. In fact, I would say some of my self sabotage thoughts show up as why even start, you know, you're not going to stick to this. Like, why bother?

ANNIE
Yeah. And the cousin to not showing up, what you're describing is procrastination, right? I'll start tomorrow.

JEN
Yeah. I'll change the sheets today.

ANNIE
I'll do it tomorrow. I'm gonna prioritize tasks that are less important. And I'll do the other things later, right? Okay, so why do we do this?

JEN
Well, I would say like many other things in our life, it can sometimes just be a habit and all habits have rewards, even bad habits. So self sabotage, even though you hate it, it actually likely has rewards for you.

ANNIE
Yeah. Which can be keeping you comfortable, giving you an immediate benefit of comfort and joy. Because sitting on your couch and watch Netflix is more comfortable than getting up and getting your workout clothes and going to the gym or going out for a walk.

JEN
It can also keep you safe from something like failure.

ANNIE

Yes, absolutely. Or in Jen's case, maybe starting a new project or prioritizing something more fun is more exciting than completing the one you started months ago. Right? Because the one you started months ago, it's boring.

BOTH

[Laugh]

ANNIE

It's old. Or staying up late would be another another common self sabotage behavior we see. Because watching your favorite series on TV is more fun in that moment, than lights out. I need to go to bed.

JEN

Yeah, for sure.

ANNIE

Yeah, we also self sabotage because we could have a low self concept. And we could also lack awareness.

JEN

For sure. Yeah.

ANNIE

Like, again, sometimes we just don't even know that we do this. So paying attention to what we're doing and then get curious about, like, why am I doing that?

JEN

Yeah, I would say that's what just happened to me. Like I was definitely self sabotaging. But it wasn't until I paused to go, "Hey, what's happening for you here?" When it got a little curious. When I realized there was a lot of self sabotage thoughts going on. Yeah.

ANNIE

Yeah. So how do we work through this, Jen?

JEN

Well, we have to find the antidote to self sabotage. And you know us at Balance365, we are all about doing what's right for you. So how we each engage with our self sabotaging thoughts is going to be different, how we work through them is going to be different. But we will talk about a process you can take here and use as a guideline, right?

ANNIE

Yeah. I know that first step we kind of touched on is definitely awareness, staying mindful and present in your behaviors, because these things can often happen almost behind the scenes or

automatic. And just taking note that I'm quitting, I'm not showing up. I'm choosing this over this when I already committed to something else.

JEN

Yeah. And so I think often this kind of cycle goes sort of, you make a commitment to yourself, you unconsciously self sabotage yourself in some way. And then you're just, you're sick of yourself. "Why do you keep doing this? You're such a failure." It doesn't really go deeper than that. So if you're getting upset with yourself, you're judging yourself. And the opposite of judgment is curiosity. The antidote to judgment is curiosity. So let's slow it down and get curious about what you're doing, why you're doing it, what those thoughts are. And again, this just happened with me, I was really avoiding getting started on a workout habit. And I would make the commitment and I'd have one week strong feeling good. Then I, you know, things get kind of boring. I falter by week three, back to my old habits. And so I got curious about what's even happening here. And without even this coming to the surface, I had a lot of thoughts going on around, this isn't good enough. Right, so like, why bother? So for me, I've talked about this in the podcast before, movement is my habit that I kind of have to tango with, at all times. It's one of the ones that is, takes a lot of work for me to get it going. And when life hits a rocky patch, it's one of the first thing is to go for me. And so I'm more likely to maintain my nutrition habits than I am my workout habit. And so when I'm going to restart a workout habit, I do what we recommend to our clients, I set something, I set a goal that feels realistic, and I get going. So what was happening for me here is just a lot of like, "Hey, if it's an hour, it doesn't count. Hey, are you even going to stick to this? Hey." [Laughs]

ANNIE

Yeah. And you know what I think is really important here. And I hear, because I've heard what you're experiencing echoed in my own experience, but also a lot of women, that it's possible to feel super confident and confident in various areas in our life, whether that's business, motherhood, being a really great friend, employee, but also have an aspect of your life where you're doubtful, right? And, you know, for example, women can have thriving careers and families. We see it all the time, we have a ton of successful, smart, ambitious women in Balance365, but they struggled to follow through on their commitments to improving their health. Right? And every time they fail, it's evidence that they aren't capable of reaching their goals, which reinforces this, like idea of, "I can't do this. I'm self sabotage -" You know, which is a vicious self sabotage cycle, which is what you're describing, right?

JEN

Yeah, yeah. So the first thing I did is I slowed things down, got curious. And I created an awareness for myself, what self sabotaging thoughts I was having. And then the next step, I would say, is to identify the comfort that you're clinging to, the comfort I was clinging to, I would say two things, avoiding failure. So my self sabotaging thoughts were around, "You're not gonna stick to this, you know it." And so, of course, I was avoiding failure. And also just avoiding discomfort, because change is uncomfortable. Doesn't matter what you're trying to change in your life. You're, it's uncomfortable, because it's different to what you're doing now. And so, yeah, it is more uncomfortable for me to schedule in some workout time in my day than to not

do that. Because it means I have to make room for it somewhere, right, in a day that already feels busy.

ANNIE

But if we know anything about trying to avoid discomfort, it's that it doesn't work. [Laughs] Right?

JEN

It doesn't work. It leads to greater discomfort in your life.

ANNIE

Yeah, you might get to avoid it in the present. But eventually, it's going to be prolonged discomfort, down another point, down the road. So instead of the discomfort of doing a workout now maybe, you know, if you can continue on that trajectory, 10 years down the road, you might have the discomfort of not having the energy or the muscle mass, or...

JEN

Yeah, you know, difficulty walking up the stairs, getting on a bed, getting down on the floor. So that leads me to step three, which is to identify what it's costing you. So exactly what you just said here. Yes, making time to move my body. And you know what my first goal was? 20 minutes. Which is doable for me, right? I watched more than 20 minutes of Netflix in a day, I can tell you that much. So again, identify my comfort, what comforts am I clinging to, but also what's this costing me? And you might not even be able to identify anything in the moment that it's costing you. I honestly, I keep in my day to day, I can't really identify what not exercising is costing me in the day, right? Like it doesn't impact me on a day to day basis. Sometimes it pops up, like when I walk my kids to school and I'm climbing the hill on the way home and I'm winded and I think, "Yeah, I could be in better shape. This could be easier." But I don't do that every day. Right? It's especially going through the winter, becoming more sedentary. I just, I'm not as challenged as much. Yeah. And I think in our modern lives, like let's get real like in like Western modern lives, we have a lot of conveniences around us. Which makes it easy to not be strong and to get by. Right? We don't have to be at a level of fitness to just get by in our days. Most people.

ANNIE

Right. And outside of the world of exercise, I think just in general when you have someone that's self sabotaging via they're just not even going to try, I'm not even going to make the goal because I'm so convinced I'm going to fail, that ultimately what it's costing you, you don't ever, you don't even get a chance to win.

JEN

Yeah.

ANNIE

And again, we see this with women, they want weight loss, they're nervous to set a weight loss goal because they don't want to fail so they don't set a goal, but without the goal they're very unlikely to win, or to get the goal or however you want to describe it, right?

JEN

Yeah. And I think it can be helpful to really like, look at your definition of failure and even our culture in general and decide what you want your definition of failure to be. And so would you rather try and fail? Or never try at all and never fail? Like, what is your definition of living a great life? It might be failing a lot. And we've covered this before, people who succeed at weight loss, sustainable weight loss the way you have, the way I have, it is, there's a lot of failing that goes on in there.

ANNIE BREES (INTRO)

Yeah, and if we want to, you know, take it out of, I know we do this a lot, because we have so much emotion tied up to our bodies and our weights. But if we want to take it to something a little bit out of that realm, dating, you know, if I want a long term loving relationship, I'm going to have to date and more than likely going to have to date a lot, which means -

JEN

[Laughs] Fun. [Laughs]

ANNIE

A lot of fails, quote unquote, failed, first dates, second dates, third dates, whatever, right?

JEN

Yeah, yeah, yeah. And rejection, right?

ANNIE

Yeah!

JEN

Right. Yeah. So often, I think we live in a culture that really pushes happiness as the ultimate success metric in life and what we should all be striving for. And one thing I've had to visit in my life is like, what does that even mean? And is that what I want? And for me, I've decided that living a happy life doesn't sit with me, like, that just doesn't hit home for me. I've decided to replace the word happy with fulfilling and meaningful. And when I bring myself back to that, I remember that living a fulfilling and meaningful life will mean going through a lot of discomfort and not being super happy at times. And to me, that hits home a bit better for me.

ANNIE

Yeah, 'cuz then when it happens, you're like, "Oh, I anticipated..."

JEN

Yeah, this is part of living a meaningful and fulfilling life, that I'm not going to be happy sometimes. So yeah. And then I guess that is a great way to get into our next step of this process, which is asking yourself, are your self sabotaging actions aligned with your values? So back to my exercise example, identifying what it's costing me. I couldn't, you know, I couldn't really identify anything in the moment, besides those moments, you know, when I'm walking to get my kids and all that, but then, you know, looking at the trajectory, so for me going, "Okay, looking at this bigger picture, what's it going to cost me and then I can start seeing it right, I can start seeing how that could show up in my life in bigger ways, but is it aligned with my values. So this is work a lot of women don't do and we do it in Balance365, we help people discover what their core values even are, which become the foundation for your kind of operating system, right? And one of my core values is independence. And that shows up for me in many different ways in my life, but when I think about what being independent means to me, as I age, it is being physically independent. If I can, right? Things happen, we can't control everything about our bodies, I don't know if there's something in my future that will take away my physical independence, I'm not sure. But I want to do everything I can right now to, I guess, stack the odds in my favor. So I do want to be able to go up and down the stairs for as long as I can. Right? I do want to be able to throw my grandkids in the air. Right? I do want to run with them.

ANNIE

Which we know, that when we can leverage our values to support our behaviors, our behaviors tend to become more intrinsic and more autonomous to us, which increases the likelihood that they they feel more integrated with how we live and what we do and who we are.

JEN

Yeah, and for me connecting my actions to my core values, just it makes a lot of the resistance just sort of go away, evaporate. I'm going, "That's why I do this. Oh, yeah, I needed to be reminded of that." And so then I'm going, "Oh, okay. So that's what this self sabotaging thoughts are costing me, they're costing me to live a life not aligned with my core values as a human."

ANNIE

And sometimes that can be a little bit of take a little bit of out of the box thinking or creativity. To think like, how can I make getting in touch with my internal cues part of my values? Well, for example, one of my personal examples, one of my values is adventure. You know, and maybe if I looked at exploring my internal cues as an adventure, full of curiosity, and not sure where I'm going to land and what I'm going to find and just being really, like, enthralled with the process, much like I would if we were out on a hike, or exploring a new city, then it becomes this whole new like, I see it through a whole new lens, right, as I see movement through a whole new lens.

JEN

Right, exactly. Yeah. And yeah, I love it. And the other thing I just want to mention here is that I still have like bad habits, right? And everybody's going to have this kind of spectrum of like good habits, bad habits. And I guess what I would say is something like watching Netflix for a couple hours. Is that a bad habit? I'm not sure, maybe. But what some of these habits come down to is the frequency that you do it at. Right? So we discussed this self care to self harm continuum

sometimes, right? And so often, a lot of people are choosing different numbing habits and calling it self care. So like, "Oh, I watched Netflix all afternoon yesterday, like I just really needed a self care day," that kind of thing. And that's fine, right? Like, if that's your choice, that's what you're doing. And it truly did feel like a restorative thing for you, great. But at what point does watching Netflix become self harm? Right, like, as the hours tick on does that, you're slowly sliding into self harm territory. And that's when I think the self sabotage is showing up.

ANNIE

Yeah, we've reached the point of diminishing returns. Right? [Laughs]

JEN

Exactly. Yes. And everybody numbs. Right? Everybody just needs to check out sometimes, my kids some need to check out sometimes, I need to check out sometimes. I do like to scroll on social media some days. But what happens when I've been on Instagram for three hours? Like, is that still like, what are you checking out from? And what's piling up for you? What goals are you not reaching? What are you not actually taking care of, like the boring self care, the life maintenance self care, when you spend that much time doing it?

ANNIE

Right. And it's a very human thing, right? Like, we want the path of least resistance. And yeah, scrolling Instagram, moving our thumb is a lot easier than moving our bodies or -

JEN

Yeah, getting up and exercising, getting up and cleaning your kitchen -

ANNIE

Paying bills.

JEN

Yeah, going to bed. Right?

ANNIE

Yeah, yup, exactly.

JEN

Yeah. So the next step that you can take in this self sabotage journey is to plan for your best self. When you're in your best self mindset, and refer back to those plans when your inner saboteur pops up. So we often call that inner self sabotage your inner toddler, right? Like, I'm always kind of having a tantrum when I'm...[Laughs] "I'm not doing it! No. I don't want to!" And you can call that out. This is self sabotage. This is my inner toddler, whatever you want to call it, and refer back to the plans you made as your best self. And sometimes that best self, we have referred to it before as your like inner parent, your inner mother, what do you really need right now to mother yourself. And so sometimes what you do need is an hour of TV, or two hours, whatever it is. And sometimes, I don't know about everybody listening, but sometimes I have to

give my kids a kick in the butt and say, "Get your butts outside. You watched enough TV this morning, get going," and I also do that to myself.

ANNIE

Yeah, we just talked about this in our team training. We did a Balance365 time management productivity tool team training, and we did some planning on our calendars. And I said, "Okay, now your week is planned, but you can anticipate showing up on Tuesday, Wednesday, Thursday morning, and not wanting to do the thing that you said you were going to do. Putting the plan on paper is not like good enough, like that is not going to magically make everything happen. You can anticipate that toddler showing up and being like, 'I don't want to do this. I want to change the sheets.'" [Laughs]

JEN

"I'm gonna go clean some stuff so I can feel good about myself. I'm going to keep that other commitment to myself."

ANNIE

"I'm going to post to social media instead of creating some foundational documents."

JEN

So yeah, Annie ran this team training for everybody. And she encouraged all of us to like schedule our workouts in our calendars, or whatever self care initiatives that we each have. And you actually encouraged our whole team to schedule those in before we're scheduling in our work time to make sure they are on the to do list. And I sensed some discomfort, you know, amongst our team, and even with me, right going, "I don't want to put this on my calendar, will I stick to this? Or am I going to put this on my calendar, and it's just a reminder of how I failed to not do it." That's self sabotage. Right? And that's me going, there is self sabotage popping up for me, like, "You're not going to do this. Don't even put it on your calendar, don't even plan it."

ANNIE

Yeah, and if you need help, and like no judgment here, but if you need help really conceptualizing this, every time you let yourself kind of dip out on your own plans, it's essentially giving into that toddler, right? And if you're a parent, you can understand what your life would be like if you said yes to your toddler, or just agreed with your toddler every step of the way.

JEN

There's probably a lot of women listening right now realizing that their toddler is in charge of their life from about 3pm onwards. [Laughs]

ANNIE

Yeah.

JEN

And that can be a bit uncomfortable to realize, you just give in to every urge from 3pm onwards, and that toddler's in charge of your life, but really think about what if a toddler was actually in charge of your life? Where would you be in five years from now? Right, like, nowhere good.

ANNIE

Right. And we know that because we've done it. Right? We've let our toddler run our lives from 3pm onwards. So we can empathize. There's no judgment, but you know, that's an opportunity for you to examine, is this in alignment with my values? Is this the trajectory I want to be on?

JEN

Yeah, yeah, for sure. And then make a plan for when that toddler arrives, because your toddler is not going away, you just have to develop skills and tools to deal with that toddler. And be ready for that toddler. Be ready for the self sabotage. And sometimes it will win. And sometimes you will be able to marry what your inner toddler wants with what your what your inner mother says it's okay to. But sometimes it's going to be a little tug of war, we've had members say it feels like the devil and the angel on your shoulder sometimes. So just kind of get yourself ready with how you're going to talk to that inner toddler, and I tell our members, like you know what, talk to that inner toddler because those thoughts come up. It's thoughts in your head that come up, self sabotaging thoughts, your inner toddler. And in order for that not to be the thing that's in control of your life, you need to learn to talk back. So, "I can't." And then you're ready with "I can and I'm going to find a way." Or my inner toddler's, like "You're never going to finish this." And I'm going to say, "I will finish it if I just keep chipping away at it." Right? Doesn't that sound like a loving mother? Something a loving mother would say?

ANNIE

Yeah, I can almost hear my mother and I'm like, but my response is this like [groans].

JEN

"Go clean your room." My son, "No." Me, "You're gonna feel so much better when it's done," Him, "No." Me, "Okay, but you have to do it. So you have to, so go do it." And he does it. And he's like, "Oh, this feels good, Mom." Yes.

ANNIE

Yeah. And sometimes you know what, sometimes you might do the thing that you committed to doing and you still might not feel great. Like, it could be like a practice in keeping those commitments to yourself. But you still might mourn or grieve the time that you would rather have spent doing XYZ.

JEN

Yeah. And we hear this a lot, right? We hear women say it's like major FOMO when they learn to start saying no to their inner toddler, like they're missing out. And as we've talked about in previous podcasts, and as we just mentioned here, like part of living a fulfilling and meaningful life might be missing out, sometimes missing out on joys in the moment so that you can have a

greater joy and purpose in your life. Right? So I say no to myself a lot in the evenings, when I just want to watch one more episode. One more.

ANNIE

Yes.

JEN

And I'm missing out on one more episode for feeling more refreshed in the day, getting up when I said I'm going to get up, becoming a woman who's keeping that commitment to herself, not being like a grumpy, angry mom in the mornings because I'm so tired, having more patience, and having more time to do the things that are aligned with my values, like working out to support being independent.

ANNIE

Yeah, that one episode is costing you quite a bit. [Laughs]

JEN

Exactly. And as soon as you start connecting to that you're like, "Oh." And to me, that kind of reflection and honesty is a form of self respect. I don't have any shame or anything attached to that. I'm not hard on myself for it. I accept my humanness. I accept all the tendencies that come with being a human. And again, we counteract judgment with curiosity. And I go, "Yes. And this is me showing myself respect. Honesty. And this is what you're doing to yourself. Okay? Are we okay with that?"

ANNIE

My mantra when my inner toddler shows up is, "I am a woman who gives herself not just what she wants, but also what she needs." Because sometimes what I want, what I need align, but sometimes they don't. And then I have to make choices, right? Like, am I going to own that I'm gonna give myself what I need in this moment? And then like, guilt free enjoy it, right? Or am I gonna kind of grit my teeth and give myself what I need? And sometimes I can compromise. Right?

JEN

Yeah. Yeah. And I think that's really important because I think a part of the self reflection process and part of being honest with yourself is asking yourself if you need to compromise because sometimes for any of the perfectionists listening, we set our expectations of ourselves so high, we are never going to meet them.

ANNIE

Mm hmm. Which can be a form of self sabotage, right? Perfectionism falls under -

JEN

It can!

BOTH
[Laugh]

ANNIE

- that self sabotage umbrella, which can be a very slippery slope, because then that can support the you know, why try? Why even bother? Sort of mind. Yes.

JEN
Yeah.

ANNIE

So, you know, is there an opportunity to compromise? Could you do 30? Could you, if you have an hour, could you split it between 30 minutes of Instagram, 30 minutes of working out?

JEN

Or for me, I often stack my like, sort of my numbing I guess we could call them guilty pleasure habits with the things - what I want habits with what I need habits. So if I'm going to throw on a 30 minute Netflix show, I will commit to moving my body while I watch that show. That kind of thing, right? Like, really trying to find compromises in my day so that life can be fun and joyous in the moment and joyous for me on a bigger level.

ANNIE

Yeah, if you can bring some sort of reward to the behavior that you want to make more prevalent in your life, like, exercise and reward yourself with a TV show while you do it. That's a win win.

JEN
Yeah. For sure.

ANNIE

Yeah.

JEN

So let's do a quick recap. So the antidote to self sabotage, number one, awareness. Number two, identify the comfort that you're clinging to. Number three, identify what it's costing you and whether that's costing you in the moment, day to day, or if it's costing you like big picture your life, what it's going to cost you. Number four, ask yourself if your self sabotage actions are aligned with your values, right, like what kind of human being are you becoming when you continue to pursue self sabotaging actions? Right? And is that who you want to become? Number five, plan for your best self when you're feeling like your best self. That might be in the mornings before you get tired or after you filled your cup with some connection or whatever, plan for your best self when you feel like your best self and refer back to those plans when your inner toddler or your inner self sabotaging thoughts are showing up.

ANNIE

Yes.

JEN

Yeah. The next thing was to have some things in your back pocket like some phrases or affirmations or just thoughts, like the inner mother thoughts in your back pocket ready to go as those thoughts come to you, right? So, "I can't, I won't finish. This doesn't matter. You're just going to quit." All those self sabotaging thoughts. "This isn't good enough, it needs to be perfect." You get ready, right? And get those phrases ready. When, again, when you're feeling like your best self. "That's not true. I'm becoming a woman who doesn't quit. Of course this matters, all actions matter, etc." Just get ready to talk back. And then lastly, we are asking you to reflect on if you do need to compromise, if you don't have enough of what you want in your life, you can't be all big picture and no small picture. But you can't be all small picture and no big picture. Gotta find the balance.

ANNIE

Yeah, and I think the really great thing about self sabotaging is that you have this sense of, that you can't get out of your own way. But the great thing about it is if you are in your own way, then you can also get out of your own way. Right? It's not reliant on anyone else but you, so if you have this perpetual feeling of, I just can't get out of my own way then you have the opportunity to make different decisions.

JEN

Yeah.

ANNIE

It's all within your reach.

JEN

It is.

ANNIE

With some practice.

JEN

Right, and no matter what, anytime you make a mistake, anytime your toddler's in charge and you're having regrets over that, forgive yourself and move on. And remember that change takes time. And you can change your habits, you can definitely change your mindset habits, just like you can change your exercise habits. You will get better at this with practice and you will get better at it over time.

ANNIE

Yeah, and for all you perfectionists who self sabotage, you might be thinking that the goal is to completely abolish self sabotaging behaviors.

JEN

[Laughs]

ANNIE

Because that is a very perfectionist thing to think. And just friendly reminder that the goal could be just to simply decrease how often you do it, right? It doesn't need to be like completely out of your life. Because as Jen and I, so we both do this from time to time still.

JEN

Yeah.

ANNIE

It can just be to decrease. Yeah.

JEN

Yeah.

ANNIE

All right. Great, Jen. That was awesome. Thank you.

JEN

Yeah, thank you.

ANNIE

We'll talk soon.

JEN

Bye bye.

ANNIE (OUTRO)

Hey, everyone, if your mind has been blown while listening to this podcast, just wait until you work with us. Let us help you level up your health and wellness habits and your life inside Balance365 coaching. Head on over to balance365.co to join coaching.