

Episode 187 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

Hello my friends, welcome back to another episode of Balance365 Life Radio. Before we get into today's topic, I want to invite you to go back if you haven't already, to Episode 186 and listen to this super short episode. In that episode, I share with you a short 10 question quiz that will help you begin to reflect on what your current mindset is when it comes to weight loss. Also, in that episode, I present to you the concept of fixed and growth mindset, which is a concept developed by Carol Dweck. You may have heard of her before. The Cliffs notes version, or Coles notes, as my Canadian friends say, is that how we approach problems, how we handle setbacks and challenges, really influences the likelihood for our achievement. That has been shown in school, in parenting, and relationships. And it's also showing up in weight loss and improving our health. So please go back and listen to that episode if you haven't already. In this episode, we're going to talk about how to shift your mindset. So if in Episode 186, you realized you have a fixed mindset when it comes to weight loss. That's okay, you're in the right spot. If you also realize that, no, I'm good. I have a growth mindset, the things that we are going to talk about today can help you either shift your mindset from fixed to growth. Or if you have a growth mindset, to help strengthen your growth mindset when it comes to weight loss. I have three main changes and shifts you can start on today. I am so excited for this episode.

Of course, before I get going, I have to invite you, if you are struggling with binge eating all the forbidden foods in secret at night or on the weekend, you need to download our free guide. It has helped 1000s of women break free from binge eating. Grab the free guide, the link is in our show notes. Enjoy this episode my friends.

Hello, my friends, Annie here. I am flying solo for this episode. Again, if you have not already taken the 10 question quiz in Episode 186, I would strongly encourage you to go back and do that. A lot of what I am talking about today will make so much more sense. If you've listened to episode, I present to you 10 statements where you say, "Yes, that's me," "No, not at all." And at the end tell you how to evaluate if you have what might be a fixed mindset or a growth mindset. It's certainly not foolproof, just some elements to consider. Because we know as I said in Episode 186, that people who have a growth mindset when it comes to weight loss and improving their health have a much higher success rate. On today's episode, I'm going to talk

about how to shift your mindset. So, if you from that episode, determine that like, yeah, maybe I do have a fixed mindset, that's okay, I'm going to share three main things you can start doing today to help cultivate a growth mindset. And if you already have a growth mindset, you can continue to do these things to maintain and strengthen a growth mindset.

So, let's get going. First and foremost, one of the best things you can do to shift your mindset from fixed to growth is awareness. And I know that might be underwhelming, but just by having the awareness of your current mindset, you are already on the path to shifting if you so wish, because we can't change what we don't know needs changing or improvement. Now an important element to fixing your mindset is identifying your fixed mindset triggers. This is awareness of your fixed mindset triggers. These are the things that when they happen, you're like, "Oh, there it is. There's the proof. I knew I couldn't do this. I knew this wasn't possible." You're raising your hand, like, "I'm out. I don't want to do this anymore when these things happen." And this kind of includes a lot of experiences, but most often in Balance365, we see failure, or what you perceive as failure, like, mistakes, screwing up, making less than perfect or ideal choices as one of the most common mindset triggers. And as I shared in Episode 186, people with a growth mindset see failure as an opportunity to learn.

So the fix here, if this is you, if you see failure as reason and justification to throw in the towel and quit, the fix here is swap that win or lose attitude to win, or learn. One more time for the fixed mindset people in the back, swap win or lose for win or learn. Failing is part of the process for everyone. I don't care what you're doing, how good you are, how young you are, how old you are, failing is part of the process. As we've said many times before, successful people fail their way to the top and instead of overreacting to failure and seeing it as proof that weight loss just isn't in the cards for you, try seeing it as an invitation to reflect on what you've learned, what could be improved on, what could be better. Individuals with a growth mindset are really, really good at self-awareness. And they use their mistakes and their failures to reflect on their effort, their consistency, their strategies, explore what went well, and what needs adjusted, not as proof that they can't do it.

The second way you can start to shift your mindset from fixed to growth is celebrate effort as much or more as you celebrate results. Consider this: are your goals based around effort, the process or skill development? Or are they about end results, the product, the outcome? For all of you listening who ride or die on goal weights, listen up. Reaching your results-based goal is great. It's amazing. And it should absolutely be celebrated. I will clap for you all day. But we know that changes are made with consistent effort and time. That's how we get those results, consistent effort and time. And it can be easy to fall into fixed mindset thinking when you start hyper-focusing on the goal weight or the inches lost and lose sight of how much you've grown in other ways. This is a trap. This is a fixed mindset trap, you don't have to have great effort to develop growth mindset, either. It's not about how much or how little effort and more about what you place a value in, and what you see possibility in. So even if you had a period where your effort was subpar, it doesn't mean that you aren't able to pursue a growth mindset, but rather an opportunity to be honest about your effort. Growth mindset, individuals aren't exerting high levels of effort all the time, but they do have the ability to say, "Yeah, I just wasn't really giving it

my all there. Why is that? Can I do more? Do I want to do more? What do I need to do more?" Right? They are placing the value on effort, consistency, learning, and skills. And yes, we know that when you put all of those together, you will get probably some amazing, amazing results. But they don't ride or die on the outcomes. I think as parents we do this often. I know I do with my children. I care less about the grade, the end of the year grade or the end of the semester grade and more about how much effort, how hard they tried during the school year. Were they giving consistent effort to complete their homework on time? Were they coming prepared to class? Did they raise their hand and ask questions or get help when they weren't clear when they were frustrated? Did they take a breather and come back? Or did they quit? So again, if we can do this for ourselves when it comes to weight loss, celebrate the process as much as we do the product.

And the third and the final way you can start shifting your mindset from fixed to growth. This is probably one of my favorites, is to utilize the power of "yet." It is common to hear individuals with a fixed mindset say things like, "I can't. I don't know how. I haven't. I'm not good at." These statements as is can reinforce the idea that we are who we are forever. That change is not possible. But one small, yet powerful word can change all of that. "Yet." - "I can't yet. I don't know how yet. I haven't yet. I'm not good at it yet." Adding just that one small word into your sentence, suddenly those sentences leave room for possibility for growth, and for change. And so I want you to listen to the language you use to describe your abilities, your process, your strategies, what you know, your skills, whether it's how you talk to yourself in your head, how you describe yourself to others, listen to the language. Is it fixed? Or is it growth-based? Does it leave room for possibility for growth, for improvement? Or is it set in stone? And if it's set in stone, try adding that one small word yet, and see how different it feels.

That is it, my friends, that are my three top ways you can start shifting your mindset from fixed to growth. Again, that was swapping win or lose for win or learn. Accept that mistakes are part of the process and use it as an opportunity and an invitation to grow and learn. I want you to celebrate effort as much as you do celebrate results. Focus on the process, the skill development, the effort that you're putting in just as much as what's happening on the scale or your jean size and harness the power of yet. You might not be where you want to be, you might not be able to do the things that you want to do yet. It doesn't mean it isn't possible. It just hasn't happened yet. I hope this was insightful and encouraging, my friends. If you have a fixed mindset, it is possible with practice to change it, and you might even be able to see ways in which a growth mindset in other areas, whether that's work, parenthood, friendships, relationships can help carry over into your experience with weight loss. Thank you.

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.