

Balance365 Episode 188 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, before I get into today's episode, I want to read a really awesome review left by MShaw on iTunes about the podcast. She said, "I can't stop listening. Annie and Jen are so knowledgeable and so interesting to listen to. I have gained so much knowledge and have a better understanding of who I am and why I do what I do, just from listening to this podcast." Thank you, MShaw for leaving such an awesome review. I'm so happy you find us interesting and I have no doubt that this episode will not disappoint. Around Balance365 we say that honesty is a form of self respect. We encourage our members to get radically honest about their nutrition and movement habits, mindset and overall health trajectory. Why? Because informed women are empowered women. But you can have information available to you, yet totally ignore it or avoid looking at what your own habits are. As author Mark Manson says, "The truth hurts, but not knowing the truth hurts even more." Today we're going to talk about the barriers people have that keep them from being radically honest with themselves. And before we dive into it, if you are struggling with sugar cravings, grab our free guide, "Five Reasons Why You're Craving Sugar and What to Do About It." You can find the link to it in our show notes of this episode. Enjoy.

ANNIE

Jen, we're talking about honesty today.

JEN CAMPBELL

We are.

ANNIE

How do you feel about being honest with yourself?

JEN

It's something that is very important to me. How about you?

ANNIE

It is something that is also important to me, but I don't think I realized the value in it or that I was even lying to myself. Right? Til, like just a few years ago.

JEN

Yeah. And then once you know, or, once you see it, you can't unsee it. And once you realize how essential it is for growth. You start pursuing it; I think you can go from avoiding it to pursuing it.

ANNIE

Yeah, which, we recorded a podcast recently about the lies we tell ourselves, which might be a good listen, if you're like, "I don't lie to myself. I'm honest with myself all the time."

JEN

[Laughs]

ANNIE

I've heard members say that before. And I'm like, "Okay, let's try that again. If you told yourself the truth, what would you say?" They were like, [subdued] "Okay." [Laughs]

JEN

Yeah, I would add that when I'm coaching somebody, and they tell me that they are doing everything right, that's a, that's an indication to me that they aren't being honest with themselves. Because nobody is doing everything right. And you don't need to be doing everything right or perfectly to get the results you want. So when somebody comes to me super frustrated, "I'm doing everything right. I don't get it." I'm going, 'there's some dishonesty happening here.'

ANNIE

And we don't say, "You're lying." But that is often what's happening, you know, and we don't care if you want to lie to yourself, you know, be dishonest with yourself, but often it is what's keeping women stuck. And today we're talking about why we do it. Right?

JEN

Yeah.

ANNIE

Is it safe for you to be honest?

JEN

Yes. So that's one of the first things I will ask a woman when I'm coaching, if we're getting into this territory, is it safe for you to be honest with yourself? And I would draw the parallel to a child growing up in a household that is heavy on perfectionism and perhaps heavy on using shame as a way of disciplining and what happens to that child when they are inevitably imperfect because nobody is they learn to live better. Right? So when you are, I guess, over disciplining or

using shame to punish your children, you're not creating better-behaved children, you're creating children who learn to lie better.

ANNIE

And that's, I think that's a great segue into actually, the number one reason we see women being dishonest with themselves is because of judgment.

JEN

They can't stop judging themselves. Yeah, they can't face their own humanness. Because they just can't stop judging themselves. And back to that example of being a child in a household that uses shame, you are like a child in that household. But that household is your inner world. And it's how you're talking to yourself, and you can't escape it. So not only do you maybe lie to yourself, tell yourself little fibs, you just avoid altogether, you start avoiding looking at your health behaviors altogether.

ANNIE

Yeah, because when we're talking about like, honesty, a lot of times, we're talking about, let's look at the facts. Let's look at our past experience and our patterns of behavior. And really take an honest look at what we've done in the past to anticipate what might happen in the future. Right? I think a great example is the scale, right? Women avoid stepping on the scale, because it's not just this factual piece of data. It's a point of judgment, for sure. It's not, "I weigh 150 or 200, or 250," it's like, "I weigh 150, and I'm unlovable," - "and I'm good." - "And I'm bad." - "And I'm -" you know?

JEN

Yeah, it's the beliefs they have attached to the weight, right? So you weigh what you weigh, whether you look at it or not, it doesn't change, whether you'll step out, whether you step on the scale and find out what that number is. It doesn't, it doesn't change, it's just that you're avoiding feeling those feelings. And that's what you're really running from when you avoid the scale. We live in this really kind of crazy environment in the health and wellness industry, where, you know, a lot of people are even being told by health and wellness influencers to avoid the scale, right? And, not just the scale, I want to say that there's, there's all kinds of things we could use to look at our health and wellness habits, right? I wear an Apple Watch, I used to have a Fitbit and that tracked my steps. And a lot of people might food journal or track their macros, or you know, there's lots of different ways of looking at your nutrition habits, your movement habits, you know, even your sleep habits, right? And there's kind of this message out there that, to just not do it. And I understand what that's about, right? Humans, we love our pendulum swings, our behavioral pendulum swings, if you start paying attention to the world around you, you'll see that human beings just pendulum swing all over the place from, you know, behaviors to politics, to, you know, all of that. And so we just swing from one extreme to the next. So I do understand what that's about. Because for years, decades, women's value has been attached to those numbers, their value has been attached to their weight. That's been the message and the conditioning that we've gotten. So I understand the pendulum swing almost into rebellion of like, 'I'm never weighing myself again.'

JEN

Yeah, we both did it.

JEN

Yeah, we both did it. And I'll share a story that had me kind of reflecting on that decision that I hadn't weighed myself for years. And it almost became a source of pride. And one day, you know, I very much had this message of you know, screw the scale, your weight doesn't matter, your weight doesn't determine your worth. And then one day we were at an airport, and there was a scale for measuring suitcases, luggage. And my kids were getting on and off it and looking at their weight and looking at what they weighed together. And they thought this was so fun. And my husband was getting on and off with them. And then they asked me to get on and I just, I panicked. Like, there was this moment where I was faced with this, with my weight where there was no reason for me not to get on except avoiding feeling those issues. And I thought, "Wait a moment. Wait just a moment. If I've been telling myself and people for all this time that weight is just a number, then why can't I look at mine?" So really, with all these tracking tools we have, the healthiest way that you can approach them is to feel neutral about the data. And see it as, this is just information. But that requires a change in your belief system.

ANNIE

Yeah. And it's not just the scale, it's could be tracking your habits. It could be, you know, it's funny, because you talk about beliefs, Jen, women often note that maybe tracking the balance of their meals or their hunger and satiety feels triggering, right? Or they feel like, reactive, they feel a response to it, but yet tracking their sleep. Totally fine. Right?

JEN

Yeah.

ANNIE

And it's like, and that's because it's like the same, the behavior is the same, what we're tracking is different. But we have all these attachments and beliefs about who we are and our value and how good or bad we are with food, but not sleep.

JEN

Yeah. And I think that it's so important to really look at that underlying belief system and acknowledge where it came from. Why is tracking certain things triggering and not for others? Right? Why are you judging yourself in some areas, but not others? And further to that, why can other people look at a certain set of data that you can't without judging themselves? Like, what do they believe? What's their belief system? And are you willing to start moving towards that? I really saw this several years ago when my son was learning to read. And, you know, that he was just really struggling with learning, and he was quite behind, and the teacher asked me, "Are you guys reading together every night?" And I said, "Yeah, of course. Of course, I read to my kids at night, who do you think I am?" [Laughs] And I decided to use one of our Balance365 habit trackers to have a look because I got home and thought, "Am I?" And so I tracked for a

couple of weeks, and really, I was reading to my son, you know, maybe four nights a week, the other nights, I was just like, "Get in there, go to bed. I'm not gonna read anymore." And so I saw a way that I, an area where I was telling myself little fibs. And you know what? That wasn't triggering for me at all to track that. I was interested in the data, like I genuinely wanted to see.

ANNIE

Right, it could have been, you could have made it into a point of judgment. Like, "I'm a terrible mother, I'm killing my kid -"

JEN

Absolutely.

ANNIE

- "This is my responsibility, and I'm failing. But you didn't you actually. And this is what we would say is the antidote, the solution to judgment when it comes to honesty, you approach it with curiosity.

JEN

Yes. So I once heard another coach say this, and it is that curiosity is the antidote to judgment. So rather than judging yourself harshly, what about asking yourself, "Hey, what's this about?" Or getting curious about yourself. Because curiosity really is the path to growth, and judging yourself is the path to staying small.

ANNIE

And think about, just outside of yourself, how well is a person moving through life showing up, fully thriving, feeling well, feeling confident, feeling comfortable, taking risks? Just having joy and zest for life, when they are constantly judged?

JEN

Right, Well, what does a, what does it, how does a child develop when they're living in that kind of home?

ANNIE

No, they're fearful.

JEN

You know, they're fearful.

ANNIE

Don't screw up.

JEN

Yeah, and they're anxious, right? And so transfer that to yourself, if you find yourself fearful and anxious, you know, maybe it's your inner environment, it's the home, the home that you actually

live in, is full of judgment. And the great part of that is you've got control of that environment. Right? If you, if you at one point turn that into a judgmental home, you can also turn that into a non-judgmental home.

ANNIE

And that takes practice.

JEN

It does take practice.

ANNIE

Because that, that shifting from judgment to curiosity, as we noted, involves unpacking those beliefs. Like exploring, "What are my beliefs? Are they helpful? Are they serving me? Are they true? Where did I learn this?" And then digging into that, and reframing and shifting beliefs isn't overnight work.

JEN

For sure. And I want to share what I've been able to do from shifting that belief. So I did go through a pendulum swing period, as I talked about where I, at one point, I weighed myself every day, multiple times a day, I wore a Fitbit and would get anxiety if I forgot to wear it for the day. And I tracked my macros, like a very tedious and honestly unhelpful tool for me, which we have talked about in previous podcasts, there are better ways. [Laughs] And so I was kind of went from being obsessed with data. And anytime I messed up that, being very hard on myself, really judging myself, making my inconsistencies mean something about me, as a human right? To not looking at all, to total rebellion, which wasn't helpful for me either, right? I put on weight, I felt sluggish, I really wasn't living in an authentic, intentional way that feels true to my values. And when I let that pendulum swing gently in the middle, which took a lot of inner work, looking at my belief system, making a commitment to myself that I was going to allow myself to be human, because that's what I wanted for myself. And that's what I wanted to role model to my children, then I was able to come back to that data. And I'm now, I now wear an Apple Watch. And I don't let it run my life. But I definitely was one of those people that said, "I can't wear a Fitbit. I can't wear a step tracker. It's too triggering." Right? I was definitely one of those people, I can look at things like from time to time, how much cream I'm dumping in my coffee every morning. Because sometimes, sometimes that creeps up, and I just need an honest moment with myself about it. I can track my habits. I can also intentionally choose not to count macros, because I don't want to get that granular and I don't need to. But instead of, instead of running from it and avoiding it, I can say, "Yeah, I could do that. And I could do that without judgment. I don't want to, it's not the most helpful tool for me."

ANNIE

Yeah. And I think that's such a liberating, freeing place to be. It's like, "I see it. It's there. I acknowledge it. I'm not interested," or, "I am interested."

JEN

Yeah.

ANNIE

Maybe I'll be interested later.

JEN

Yeah, for sure. But there's no, I don't have feelings caught up into it, I don't have my value, my worth caught up into it. And honestly, when I, you know, we're working with our members, there are benefits to looking at the data, right? There are benefits that people are missing out on by looking at the data and just avoiding, and they're missing out on that curiosity piece. They're missing out on learning about themselves. And digging into the whys behind, you know, maybe, what is some undesirable behaviors, right? If you, if you want to live in denial, or avoidance of maybe looking at something like how sedentary you are or how much you emotionally eat, how much you eat after 9pm at night, something like that, I may know a thing or two about that.

BOTH

[Laugh]

JEN

Then you're also missing out on understanding yourself more deeply.

ANNIE

Yeah. And the thing is, is that most of the women we work with want to be able to eventually get to a place where they can step on the scale and feel neutral, they can track their habits and feel neutral, they can look at their plate and regardless of what's on it, they don't have any strong emotional reaction or judgment. And the way to get there is through, is like coming into contact with the data, like letting the tension be there and be like, "I was uncomfortable. I'm gonna lean into it." It's not like turning around and walking away

JEN

That describes my exact experience of weighing myself for the first time in years and going, "Okay," just looking at that number going, "Okay, I get it, I see you old belief system trying to get in here and tell me, make this mean something about me. I see you, I'm gonna" - as Josh Hillis says, "I'm gonna let the monsters ride the bus. Not gonna let them drive. I'm gonna let them ride the bus." But definitely my way to feeling neutral about my weight was through it, by doing it and coming out the other side, taking a different action.

ANNIE

Yeah, and I also want to note that like the way through, it doesn't just necessarily mean jumping all in two feet, like, we're going in. They might, for some, it could also mean like a stair-stepped approach, we're just gonna like ease into stuff that feels manageable. So we don't have this like, super strong emotional response to manage the rest of the day.

JEN

Yeah. Another thing I see when people are willing to look at data a little more closely is, if they're willing to do it with curiosity, not judgment, all of that, I also see kind of the flip side of the coin, where, of course, we can look at it to look at our inconsistencies. But there's a lot of women out there who catastrophize one day of inconsistencies. And when you actually look at the data, you can go, "Oh, actually, it wasn't that bad." So there's the flip side of it to where you're actually, it's actually keeping you out of that all or nothing zone of, I'm being good, or I'm being bad, you actually start seeing the ebb and flows and that perhaps you are more consistent than you're giving yourself credit for. With weight, a learning that I really had, that I think can be very important for women who have attached their value to weight, is that when you start weighing yourself more often, and not panicking about it, and you start seeing the natural ebb and flow of your weight fluctuations, and you can start seeing that, instead of putting so much value on one number, you can start seeing actually, your weight gently rises and falls within a range, even if what you would consider, you consider yourself weight stable, right? So for me personally, my weight, I would consider myself weight stable. I lost weight about seven years ago, and I've just been stable since then. But I didn't hit a weight and stay there. I actually, you know, my weight fluctuates in around a seven-pound range. Some mornings, I'm at the top, some mornings, I'm at the bottom, mostly I'm kind of moving around in the middle. And it doesn't mean anything. It doesn't even, it doesn't mean I'm gaining weight, losing weight. It just, it means I'm, it's just more about the average.

ANNIE

Yeah. And if you were to pop out of that range, you might just be like, "Huh, what's that?"

JEN

It's an opportunity to get curious and say, and do an objective assessment of my habits, my lifestyle this season, the life I'm in, which is a great segue into our second issue, which is...

ANNIE

That keeps people from being honest. What is it, Jen?

JEN

It is obligation. So a lot of people feel like if they look, and they see an issue, they have to fix it right now. They have to address it, they have to, and this could be rooted in someone's value around maybe productivity or even like perfectionism, right?

ANNIE

Yes.

JEN

If I see something wrong, I gotta fix it right now. And the solution to that is to understand that you always have a choice.

ANNIE

I just had a coaching call with a woman yesterday. And she actually had a couple of these elements that you've already spoken about. She may be catastrophizing her habits a little bit, and have this belief that she needs to change everything. But actually, after just changing two habits, she was seen seeing the results she wanted to see in weight loss.

JEN

Funny how that happens.

ANNIE

And I'm like, "See? Look what happens when you track your habits. You realize, like, I don't actually have to turn my world upside down. I thought I did. I felt like I did. But I don't have to." But then also, she was a little bit nervous about kind of rocking the boat. Like, if I look at the balance of my meals, I'm worried that I'm gonna have to change them. And if I change them, then that change maybe then is unsustainable. And I'm gonna like fall off the wagon altogether. And I said, "Or you could look at the balance of your meals and decide, do I want to change anything? Yes. No. And then you can try it if you want to change it. And if you find that it's upsetting, it's upsetting the balance of your life, it's like too much change too soon. You could just stop that habit."

JEN

Yeah. And that, to me, that's kind of a reflection of something else I wanted to mention is, is this panic a lot of people have going on, right? So, "I can't look at it. I can't be honest with myself because if I am, I'm going to panic." So a lot of avoidance of just feelings, right? And we have a tool we use in Balance365 when we're coaching, and it's called, OEA. And it's just a process we have people go through where we ask them to zoom out on their life, right? Because we've got a lot of micromanaging of day-to-day going on with people. So even if you, as we were talking about earlier, weighing yourself and I had said, weighing yourself more often can actually start helping you see the trends in your weight, right? And the natural fluctuation that you're within, but that takes this skill of being able to zoom out. Right? We don't want to start micromanaging, you know, day to day granular habits, like we might have to zoom in at some point and make some tweaks, but really what you're looking for when you are going to improve your health and wellness or when you are on a weight loss journey, you want to look for your patterns. Right? We don't, we're not catastrophizing small things, we're looking for what you do on kind of a day to day basis. So OEA is observe, evaluate, and then adjust or accept. And what we are teaching here is that you can zoom out, observe your patterns, evaluate if they're helpful, unhelpful. Do they have you on the trajectory you want to be on? And then adjust, adjust the behaviors or accept them? Right? Like it's okay to accept a not-so-desirable behavior. For whatever reason, maybe it's not a great season of life to make the change. Maybe you don't have the energy to make the change. Maybe you don't feel like you have the time.

ANNIE

Maybe you don't want to.

JEN

You don't want to. [Laughs] And I've, I have been there, I really have been there.

ANNIE

I guarantee that Jen and I both have behaviors that we could acknowledge, like, maybe this isn't serving my future self, my goals, in the most optimal way possible. I see it. I just, I'm not interested in changing it right now.

JEN

Yeah, I am there with exercise over and over and over my life. And even right now, I don't have, I don't have what I would consider my most ideal exercise habits going on. But I'm just in the point where I'm, you know, I'm just really accepting where I'm at right now. And the irony of this is, the more you grow into this acceptance, the more you grow into this ability to be curious instead of judgmental, for me leads to more positive outcomes, I am more likely and willing to revisit my exercise habit, when I do feel I have the time and energy to scale it up. Before, when I was avoiding and judging myself, it led to me going months and months and months of not looking at it. Like it's just, I would just shut that door. Right? Don't think about it.

ANNIE

Yeah, yeah. I think the other thing I like about the idea of OEA, and adjust or accept, is it really helps people respond versus react.

JEN

Yeah.

ANNIE

Which is like, that reaction is often that panic feeling. And to me, just as a, as a woman who really wants to feel like I am in control, I'm in the driver's seat, when I am panicking, to me that feels like I have given my control over to whatever I'm panicking about.

JEN

Definitely.

ANNIE

Versus taking a deep breath, like calm down, chill out. Like, what do you want to do here? You always have a choice.

JEN

Panic just drives so much self-sabotage. Yeah, it's brutal. So we can take a couple deep breaths and figure out how we want to respond. Super healthy mindset to be in.

ANNIE

Yeah, any other areas or themes that you see women commonly avoiding?

JEN

You know, honestly, we see the same patterns of behavior in like 95% of our members when they come in. So we can save you a little time if you want. Of course, this isn't everyone. But these are some really common themes. We're all living in a kind of similar culture. So of course, we've all developed some of the same bad habits. So the number one, which we mentioned, is avoiding weighing yourself. And again, you don't have to weigh yourself, you can get through your whole life never weighing yourself again, and that's totally fine. It's really about objectively assessing if that data could be helpful for you. And for me, it was helpful at one point to start weighing myself again.

ANNIE

And again, I think it's one thing to do any of these things because you just don't care and you're not interested. It's another, to not do these things because you're fearful.

JEN

Yeah. So it's all about the why behind it, right? So that yeah, definitely the number one thing is like, scale avoidance for sure. We also have a lot of people avoiding looking at different nutritional habits. So that could be what they're eating in the afternoons and evenings, as we say, in Balance365, nobody's really struggling with their nutrition habits before 3pm. It's kind of that, from that time onwards where things go off the rails, which is when women start avoiding looking at the data, right? We avoid perhaps looking at serving sizes of things. So I was talking about how much cream I put in my coffee earlier, there was a time when I just couldn't look at that, I just free poured. [Laughs]

ANNIE

Peanut butter would be mine.

JEN

Peanut butter, etc, right? So this is really common, too, and this is, I think can be a touchy one. But a lot of people avoid acknowledging how much alcohol they're actually drinking,

ANNIE

Or serving sizes of the alcohol they're drinking. [Laughs]

JEN

Right. And we had a member recently do this. And she really approached it with curiosity, and she tallied how much wine she was drinking over the course of a month. And then she, in addition to that worked out how many additional calories that was for her in a month. And she was shocked. She was shocked in the best possible way because she didn't shame herself. But she did exactly what we have talked about throughout this whole podcast, she approached it with a growth mindset, from curiosity, she figured out, so she observed, evaluated, and then she adjusted, she immediately adjusted, because she couldn't actually believe how much she was drinking in a month.

ANNIE

Yeah, and I'm over here on the other hand, just accepting my alcohol -

JEN

[Laughs]

ANNIE

- my alcohol, and -

JEN

That's okay. You're a grown-ass woman here.

ANNIE

Yeah, yeah.

JEN

Another one. This is, I hope this isn't unique to me. But I threw this in here because this is, I do this, or I've done it from time to time. And that's sweetened beverages, and for me that is specific to my Starbucks little treats [laughs] I get sometimes. So I'm a big pumpkin spice latte person, I wait for it every year. And then I do a pendulum swing and I'll have like four in a week. But anyways, I'm aware now, I'm very aware. But there was a time when I avoided and I would tell myself like, "Oh, it's just a latte. It's just the same as having a coffee at home. Like what's the big deal?" Truth. It's not the same as having a coffee at home. [Laughs]

ANNIE

Yeah, I did this with, I think I've shared this before, I did this with a protein smoothie. I used to live down the street from a juice company. And it was you know, all organic and fresh juice and vegetables and they had a protein smoothie. And I would often get one after a workout. And I'm like, "Gosh, this is so good." And it became multiple times a week and then almost daily. I was like, you know what I really should like, stop and check, and see what's in it. Frozen yogurt.

JEN

Oh, okay.

ANNIE

I'm like, "No wonder this tastes so good. There's ice cream in it." And then I started like watching them make it and I was like, "This is, I'm having a Blizzard after every workout." [Laughs] And again, no judgement, but it's like, the awareness was like, "Okay, maybe this is more of a treat."

JEN

Yeah, it's becoming food-informed. Right? And so I actually had a very similar experience back in the day. It was kind of near where, around the time I met my husband, we were both going to the same gym, and they made protein shakes for people and a lot of people would get one right after their workout every single time. And my husband would and then I started and they were so good. And the day I found out how many calories were in these smoothies, I was... It was

1200 and for me, like for me, you know that is over half of my daily energy expenditure. Right? Like, that's an expensive smoothie for me as far as, yeah, what that's going to lead to for me. So anyways, I stopped. And again, that's more about being informed and not just kind of mindlessly, unconsciously, uninformed. Yeah, changing your habits and then wondering why. "Oh, why am I putting on weight? This is weird," but like, yeah, you can usually find out why.

ANNIE

That's me with my bacon count and DoorDash.

JEN

Oh. [Laughs]

ANNIE

I feel like, I don't even spend any money. Where's all my money going? DoorDash. Look at how much you're - [laughs]

JEN

Go through your bank statements.

ANNIE

Yes.

JEN

Add it up over a month. Awkward. [Laughs]

ANNIE

Yes, yes.

JEN

But yeah, it's just these little lies, they add up, right? Yeah. So the other comment about avoidance theme I see is weekends. So for a lot of our members, their first step of this honesty piece is like Monday to Friday, they'll do it Monday to Friday. But then weekends are the two triggering thing, right? And like, come on, we know, like, you kind of know when you're going off the rails, and again if your inner environment is very shame-filled, very full of judgment, very full of panic, I must change everything right now and be perfect, then it is going to be hard, it is going to be difficult to be honest with yourself about what your weekends look like. And if they're dramatically different than your weekdays. Yeah. And then the last point I have here is avoiding looking at how little you move, and shout out to desk job life, because Annie and I both work desk jobs full time. And I know for me, it was that dramatic decrease in my overall daily movement and realizing, "Oh, I am essentially sedentary now that I've transitioned from being a stay at home mom to having a desk job, I'm just not getting up and moving around as much throughout the day." So.

ANNIE

Yeah, or work from home. When I started wearing my Apple Watch, I was floored to see that there were days I would get up at 5pm. And I'd have you know, 1000 steps.

JEN

Yeah, you haven't moved.

ANNIE

[Laughs]

JEN

I know. Absolutely So, and then you start -

ANNIE

I'm just going to go for a walk now. [Laughs]

JEN

Yeah. Then you start realizing that all those times you just get up and move around and maybe change loads in the laundry or, you know, yeah, or a short 10 minute walk a couple times a day can really, really impact your overall daily movement. So. Yeah, those are some really common ones. I want to share this story because I think it's so funny. It's a member of ours, she identified this inability to be honest. She called it, what does she call it? The Valley of Denial.

BOTH

[Laugh]

JEN

Which I thought was so funny. And she said -

ANNIE

So dramatic. [Laughs]

JEN

So dramatic. And so she, you know, maybe goes back to some unhealthy behaviors or she's not willing to look at these unhealthy behaviors or she's, knows she's doing them, but she tells herself that they're not going to make a difference. And that's because of the delayed result. And then she wakes up six weeks later and her pants are snug or whatever. And she's got to go, "Okay, so I was in the belly of denial. Time to start telling myself the truth, that it does matter."

ANNIE

Yeah. And I, we talked about that on the lies we tell ourselves podcast where it's like, if you, I think for best results when it comes to honesty, is you need to zoom out, not just like, what am I saying yes or no to in the present day in this moment, but like how, what are the consequences of consistently making this choice tomorrow? A week later? A year later? Six years later? Do I want to say yes to all of that?

JEN

Yeah, zooming out allows you to look at your trajectory, rather than micromanaging your day-to-day. So we do have some flexibility in our day-to-day or week to week and we can stay on the same trajectory. Right? And it's again about your patterns, not your day-to-day.

ANNIE

Yeah. So, if you're looking to get more honest with yourself, we encourage you to ditch the judgment in favor of curiosity. And remember that you have a choice. You aren't obligated to change whatever you find needs changing. You always have a choice.

JEN

You always have a choice. It can be when you are ready.

ANNIE

Alright, thank you, Jen.

JEN

Thanks, Annie.

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.