

Balance365 Episode 196 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 again, my friends. Last week, we welcomed hundreds of new members into Balance365. So we thought this would be the perfect time to talk about the three to five-week slump. When you start working on a new nutrition habit or skill, maybe a new workout program, you will inevitably wake up one day, and the new and shiny has worn off. This typically happens at about three to five weeks. And it's not if this is going to happen. It's about when. It's something we all need to plan for when approaching change. What do I do when my motivation wears off? How will I make this change last? That's what we're going to be diving into today, my friends, pushing past that three to five-week slump, because you know we're about that lasting, sustainable change at Balance365. If you missed joining us last week, and you're feeling all the regretful feels, don't worry, head over to our show notes and find the link to join our waitlist. Doors open again in January. Enjoy this episode, my friends.

ANNIE

Jen, the three to five weeks slump. Have you ever been on the receiving end of that slump?

JEN CAMPBELL

Yeah, I was in October. I was in the three to five weeks slump. I started a new exercise habit at the beginning of September. So yeah, I hit it in October. It came right on time.

ANNIE

Okay. Don't say anything more, because I know why you hit that slump and what you did, and I think we're going to talk about some of that later in the podcast. I won't get into it yet. So before we get further into what to do when this happens, let's talk about like, what it is. What is that three to five-week slump?

JEN

So, it is when your motivation wears off, when you've planned to change. And your motivation wears off. And you don't want to do it anymore.

ANNIE

And this can happen to...We see this happen in brand new members, but we also see it happen in more seasoned members, when they add, for example, you add an additional change and element habit. And just because you've been doing this for a while doesn't mean you aren't immune to that. To the slump.

JEN

It's not even necessarily a mistake. Like, it's not even a, it's not necessarily an indication that you did anything wrong. It is just that usually we start, we make a change when we're feeling motivated. And motivation always wears off. It's not if your motivation will wear off. It's when motivation wears off. Right?

ANNIE

Yep.

JEN

And so even a very seasoned habit builder, like myself, like Annie, like some of our like level two members, for example, they likely hit their three to five weeks slump as well. They make a commitment to change. And the three to five-week slump arrives.

ANNIE

Yeah, it's a very normal experience in the change process.

JEN

It's so normal that we need to learn to expect it, which is why we're doing this podcast.

ANNIE

Okay, so if this is a listener, they're trucking right along, and then all of a sudden they hit this wall, this slump, what do they do?

JEN

So let's start with number one. Okay? If you're in the slump, or you're hitting the slump, it's a great idea to examine your beliefs about change, your beliefs, or your desires about change.

ANNIE

What would you say are the typical beliefs or desires about change?

JEN

I think that a lot of us have some very all-or-nothing beliefs around change. I think we think it has to be extreme to count. I think we desire it to be fast and easy. Like, I truly think humans just, they just want that so badly, which is why we chase shortcuts, you know, all the time, and diets and workout tricks and tips. We want it to be fast and easy so badly. Yeah. And I also think that we believe change is driven by motivation, period.

ANNIE

Yeah. So as long as I'm feeling motivated, I can do the thing.

JEN

Yes.

ANNIE

Yes. I have done all of those, or believed or wanted all of those at some point, but now we know better. And what would you say the reality or the truth is about change?

JEN

So listen, people change all the time. And of course, there's going to be examples of extreme change all around us, and extreme results, right? That's what we see. But what I want people to know is that that is the exception, not the rule. An example of this is I was talking to somebody a few months ago that was picking my brain about business a little bit. And he asked me, or he kept bringing up this example of a woman he knows who went viral and built a business out of it. And I feel like he was stuck on this idea that he needs to go viral, he needs to come up with some kind of content that helps him go viral. And then he'll be able to have a business. And I was like, pause. That is an exception, like that is rare.

ANNIE

An outlier.

JEN

That's an outlier. Like, you can't plan your business around, like chance. Right? And so I would say the same is true for change within your own life, right? Whether it is your relationships, whether it is your health and wellness habits, the reality is that most of us can be successful with change when it happens incrementally over time. Yeah, how do you feel, Annie?

ANNIE

Yes, of course, I agree. And I think the thing that keeps people from truly buying into that are a couple of things. First of all, that's just not sexy. It's not exciting. It's not quite as Facebook status, Instagram story, brag-worthy content that like, "Hey, I did these few small things for the last year. And this is, you know, the change that occurred," like, it's just not, those aren't the kind of posts that are generally celebrated in our culture, unfortunately. But also the belief that small changes do matter. Right?

JEN

Yeah.

ANNIE

And we hear this all the time from members. That, yeah, I hear what you're saying, I get the idea of doing small sustainable changes over the long haul. But I just, I'm not really sure if it's gonna work.

JEN

Yeah. And also that thought can become a recurring thought that keeps people from making those small, incremental changes and improving over time is, you know, it almost comes from a place of self-sabotage, in a way, right? In those moments, when they have the opportunity to choose something different, to make those small changes. They have a voice that comes in that says, does this even matter?

ANNIE

It's not good enough.

JEN

Yeah.

ANNIE

It really isn't gonna matter in the long term, just don't even do it. And then they say that over and over and over again, and then no change is made, right? Instead of even a small change, no change.

JEN

Right, exactly. So number one, we're saying examine your beliefs about change. And if you are really stuck on all or nothing extreme, I want this to be, this needs to be easy or this should happen fast, then you're definitely hitting a three to five-week slump. And that slump will totally derail you because you are just so, you're so bummed. You're so bummed by it, you're so bummed that you aren't seeing all the things that you have come to believe are true about change, right?

ANNIE

Yeah, I think that's come up on coaching calls a lot the last week or two for members. And I always challenge them to say like, can you simultaneously hold a desire for wanting things to be faster, wanting things to be easier, wanting things, like choices to just come more naturally to you already or be more automatic? You want that. And I'm still going to stick with the plan.

JEN

Right.

ANNIE

Can you do both?

JEN

Yes.

ANNIE

Like I think you can because we are dynamic, complex, fascinating, intelligent humans, but it's easier said than done.

JEN

Yeah, I also think here is that we need to really dig in and understand the truth about motivation, right? So a lot of us have this belief that we should always feel motivated. And the truth is that we all have about the same amount of motivation. Right? And motivation is more of a feeling. And if you think about your other feelings, you know, you're not happy all the time. You're not angry all the time. You're not sad all the time, right? Like emotions come and go. They can be quite fleeting. And we can't just do things when we feel like it.

ANNIE

Yeah, I mean, you certainly could leverage your motivation when it hits you. But if you -

JEN

You can get started.

ANNIE

Yeah, if you are waiting for motivation to come, strike you like lightning down from the sky, like, you're going to be at the mercy of motivation indefinitely.

JEN

Yeah. And so understanding that those who are successful with long term behavior change, they don't rely on motivation, they might draw on it from when you know, different times, use it to get started, use it to fuel through, you know, a harder workout, a tough day, but they aren't relying on it day in and day out. A lot of our listeners think successful people wake up in the morning motivated, they don't, their motivation is just like yours, it comes and goes.

ANNIE

And the truth is, is that action can also foster more motivation. So by continuing to take action in alignment with your goals, even when you don't feel like it, you can actually create more motivation, which likely leads to more change more results, which also create more of, it just can snowball really quickly.

JEN

Totally. So if you're really not feeling it, and you commit to going and doing like five minutes of your workout, often, that's what spirals you into doing the full workout, right? And if not, fine, you've done five minutes. [Laughs]

ANNIE

Then you can go sit back down if you want.

JEN

Yeah! Another example I see of this action leads to motivation in my life is around cleaning. And so sometimes I'll clean the whole house, I feel very motivated to do something like that. And some weeks my house is a freakin mess. And I don't know how I'm going to get on top of it. And

I don't want to do anything. And when my son is in the bathtub, I might clean the sink. And that kind of perks me up a bit.

ANNIE

Yeah.

JEN

And then I want to wash the floors.

ANNIE

Oh, no, no, I don't ever feel that motivated.

BOTH

[Laugh]

ANNIE

That's insane.

JEN

I love a good clean.

ANNIE

I do, too, but I don't like, I don't love floors. But anyways, that's for another podcast. Okay, so examine your beliefs or desires about change. First and foremost, when you hit this slump. Then what?

JEN

Next, I would examine your goal. And so this is related to our first point, because if you have a belief that change needs to be all or nothing, or extreme, fast, easy, then you likely set out with a pretty big goal to begin with. And one reason people might get stuck in the three to five-week slump, maybe even quit during the three to five weeks slump, is because they could only sustain the goal they set for three to five weeks. And then the rest of their life came back and says, "Hey, pay attention. You have a whole life to live here."

ANNIE

Mm-hmm. So can we circle back to the opening of this podcast and your workout habit? Does this, any of this apply to you here?

JEN

Yeah, I was feeling really motivated in September and I set up a new movement habit for myself. And it was basically five days a week, Monday, Wednesday, Friday, I was going to get up and strength train, do a strength workout. And Tuesday, Thursday, I was getting up, same time, and in that same time period, I was going to walk in the mornings. And I hit the three to five-week slump like everybody else. And what I did was examined my goal and scaled back to,

okay, let's do what you can sustain, which honestly was two strength workouts a week. No commitment to walking whatsoever. But if I was up and, you know, it doesn't mean I hold myself back from going for a walk or getting an extra workout, but kind of bringing myself back to reality and goin, "Okay, but what can you realistically commit to?" And turns out for me, it's two workouts a week is my minimum. Anything above that is a bonus.

ANNIE

Yeah, I, on a similar note, I recently have taken up the skill now at 38 years old of cooking. And I have subscribed to a, like a meal service, you know, where they send you all the ingredients and recipes, which has truly been very helpful. So which I think we're going to get into why that might be helpful in a little bit. But I had the desire when I was signing up for my subscription to do five nights a week.

JEN

Oh, my, come on, Annie. [Laughs]

ANNIE

Right? Right? But I was, so I was like, I got some new pots and pans. just feeling really great. I was just so excited. And then I was like, "No."

JEN

You were feeling very motivated. Weren't you?

ANNIE

Yeah, but I know enough to know that like, "Hey, you know what, if you still want to do five nights a week, in a few months, go for it. Right now, let's sign up for two to three meals a week."

JEN

Yeah, smart. Yeah. And had I been a little more self-aware when I set up my exercise goal I would have just started with, okay, two days a week.

ANNIE

Yeah, I want to circle back to this. I think what you said is really important point, Jen. Because we do talk a lot about sustainable realistic goals. Right? And, okay, so you set your goal, maybe a little bit lower than you had liked, per your motivation. But you knew that ultimately, it was sustainable for you in the long term. And you said that I don't hold myself back if I want to do more. And I think some people have maybe, have misconstrued what we've said about sustainable change. Like, if you feel inclined to go for another workout, when you've only committed to three, and you want to do four, on one given week -

JEN

Go for it!

ANNIE

icing on the cake. Go for it. Like, you don't have to be like, "No, I'm gonna stop." I mean, unless you want to, or if you said, "I'm gonna practice my satiety at dinner, four nights a week," and all of a sudden, you're kind of curious about lunch. Like, again, icing on the cake, I wouldn't encourage you to, like, take off more you chew on a consistent basis. Right? But like, if you want to just add some bonuses here and there and see what you find, like, go for it.

JEN

Yeah, absolutely. The other thing I want to talk about under this point is, is when you examine your goal, looking at if you are setting process goals, or outcome goals, and we know studies show that people who set process-oriented goals are more successful than those who set outcome-related goals. So a process goal would be like, "I'm going to get up and do two workouts, three workouts per week," that's your goal. And outcome goal would be, "I'm going to grow my biceps by two inches." Like that you want the result.

ANNIE

Yes.

JEN

And so I can track and measure this process goal, right? And I can start hitting that goal by week one, or figuring out why I'm not hitting it, right? But when you have an outcome goal, have an understanding that we set a lot of outcome goals that we not be, we may not be able to control, right? We have way more control of the process than we do the outcome. And that is when a lot of people get tripped up. So if you're listening to this, and you have hit the three to five-week slump, and you are very, very hyper-focused on the outcome, then I am not shocked that you're in a slump, and you don't know the way forward. And you're not feeling overly motivated. Maybe even you're feeling kind of bummed.

ANNIE

Yeah, I think one of the best ways to take if that is you, if you're like, "Oh, yeah, I set the goal to lose 10 pounds, you know, by two months from now or whatever. And I'm halfway there, and I haven't, I'm not on track to reach my goal." The best way to take your outcome goal to a process-based goal would be to answer the question, "How am I going to get there?"

JEN

Yes.

ANNIE

How are you going to lose 10 pounds? How are you going to grow your biceps? And then you'll come up with an answer. "Well, I'm going to strength train twice a week." - "I'm going to you know, change up my breakfast and lunch or whatever."

JEN

Yeah, yeah. The problem is that a lot of people just come out of the gates, you know, for example, on January 1, with results-focused or outcome-based goals and they don't even really

understand the how. And so when they haven't lost one pound by three weeks in, or they're two pounds up, you know, God forbid, they're giving up.

ANNIE

Okay, so examine beliefs, examine your goal.

JEN

Yes.

ANNIE

What else?

JEN

So, talking about goals is a great segue into our next point, which is to think about building bridges to where you want to be. And this combines our previous points, I think, of setting process-based goals, as well as think about improving incrementally over time. So in coaching, we talk about building bridges. And it means that, imagine you are on one side of a cliff, and you're staring out at this abyss, and you can see the other side. And that's where you want to be. But where you are now, to where you want to be, that might be just too big of a leap. Right? And you keep trying to leap over it, and you just fall into the abyss, that's your three to five-week slump when you quit, because it's just, it's too big. Now, what if you just started building a bridge to that other side, and you let yourself take it one step at a time? And really think about what that first step can be? An example of Annie, who, you know, became a powerlifter, and at one point was deadlifting, you deadlifted 350 pounds, I believe, is that right?

ANNIE

355? But, yes. [Laughs]

JEN

Which is, like, which is nuts, right? But you didn't, you didn't start there, right? If you would have on day one in the gym, if you would have tried to lift 355 pounds, you would have been falling into that abyss, right? That would have been pretty disappointing.

ANNIE

Or even to think of myself as someone who has lost and sustained 55, 60 pounds to think about losing that weight in a fast manner or like all in one chunk. And or changing my behaviors from that woman to who I am now. Right? Well, like, I absolutely would fall in the abyss.

JEN

Totally.

ANNIE

It's a 180 almost.

JEN

Yeah, for sure. So. So, it's okay to have big goals. I don't want to discourage people from having big goals, but set your sights on step one. And that might be a smaller step than you are comfortable with. But that's okay. Because then we can move on to step two, but just focus on step one. And my step one, when I was getting back into working out in September, I can't, you know, I came out of the gates very motivated, then I hit my slump, and then I realized, "Oh, yeah, I need to get in the habit of just showing up for myself. And it doesn't even matter what I do, it doesn't matter if I'm following a program, it doesn't, like I just need to get into my workout space twice a week. And if I lay on the floor and watch TV, it's gonna be okay." But just showing up right, and I think there's a lot of value in you know, very busy people who have maybe let some habits slide for years to just say, "Okay, I just need to, my step one is, I'm just going to show up for myself. I'm going to hold space for just showing up for myself. I'm not even going to have a big plan of what I do when I get there."

ANNIE

Yeah, like ditch the perfect plans and trying to increase weight every workout and challenge yourself appropriately and doing it with perfect form. Just show up.

JEN

Just show up. And I see so much resistance to this concept, and yet I see people become so successful when they start embracing it and lots of our members have, you know, the different goals I see are like at 2 10-minute walks a week just around the block. That's where they, that's their step one right? And I think why a lot of people shun this approach, I guess, of building a bridge is that first of all the beliefs like those all or nothing beliefs, those extreme beliefs, but I don't think they've thought about it like a bridge yet. And understanding that this is towards something bigger. Okay? We're not saying this is your final destination, is 2 10-minute walks around the block, we've got to build some momentum, we've got to build up that kind of trust in ourselves that we will show up for ourselves. And one thing I say to our members over and over and over again is you will be successful when you learn to meet yourself where you're at. Right? We don't tell our kids to walk outside and jump six feet in the air and slam dunk a basketball.

ANNIE

Yeah.

JEN

We start with, we meet them where they're at. And especially if you have a history of being, you know, more fit, or a healthier eater, or whatever your history is. I think sometimes people hold themselves back from setting small goals, because they're comparing themselves to their past self.

ANNIE

Absolutely. Yeah.

JEN

Right? So it can feel like they have a lot of thoughts coming up as they try to make incremental change. Like remember where you used to be. Right?

ANNIE

"You're so pathetic. You used to be able to do 20 of these. Now, you can do one."

JEN

Yep, absolutely. Or, "Look how you've let yourself go." Like just a lot of negative self-talk that comes up and like it's super unhelpful.

ANNIE

Yeah.

JEN

It's very, very unhelpful.

ANNIE

Yeah.

JEN

So that's our next recommendation is, to think about building a bridge to where you want to be and taking it one step at a time. And you might even build out the steps, right? You might even, I've done that with members where we've built out some of the steps so that they can see in the future. So here's actually an interesting one that I think can be very helpful for a lot of people to hear about is there's where the member was, right? And then there was where she wanted to be in the future with her nutrition habits. And there's a lot of barriers to get from there, right? To get over this abyss. And for this particular member, one of her barriers was her relationship with food. And I think a lot of people who are deciding, you know, they've made the decision, or they've seen that their relationship with food is kind of a big rock for them, like, they need to, they need to maybe face that. I think it can feel like you're taking steps backwards. Right? Because it can mean eating some foods that you have, that have been off-limits for you for a long time. And that can feel like step backwards. But I built this out with this member and said, "Look, step one, we're going to start working on your relationship with food." And for that woman, the action she was going to take was to eat the foods that she had the desire to eat without guilt. And this is what step two is going to be, and this is going to be step three, and we started building it out. So she could see, "Oh, this isn't forever. This is on my journey towards -" And she really cognitively could see that allowing herself to eat those foods without guilt down the line would lead to a decrease in desire for those foods that hurts strong desire for them really was driven by how much she had restricted them. So we built that out. And it was really fantastic. And actually a couple weeks ago, she told me that her, like her evening emotional eating had decreased dramatically, because suddenly it was okay. And then she had practiced letting it be okay. And all of a sudden the desire was going away. So, time to move on to step two. [Laughs]

ANNIE

Yeah, yeah. But I love the, the image of building those out so you can see now it's not forever. This is where I'm at today. I'm working towards this. I know when I'll be ready for step two when XYZ happens.

JEN

Yeah, for sure.

ANNIE

Yeah. Great. Okay, what else would you recommend for people experiencing the three to five week slump?

JEN

You've got to learn to value the wins along the way. So as we build out this bridge, there's going to be wins that happen at each step. Right? And they might be smaller-scale victories, as Annie was just talking about, it might be like celebrating, you know, losing two pounds, losing five pounds, like you might need to really pause and I mean, genuinely celebrate, not just like, pretend you're celebrating, but really hyper-focused on the big end goal, but really celebrating. But scale victories is one part of it, right? I would say what's even bigger than that is learning to celebrate your non-scale victories. If you are hyper-focused on the scale, then you are going to miss a lot, like a lot of the improvements in your life. And for this woman in particular that I just talked about that was learning, you know, was building her bridge towards what her desired nutrition habits were. If she was hyperfocused on this scale, that step one would have been incredibly difficult, if not impossible for her to get through. And she, when we were celebrating together, it was celebrating her awareness and ability to reflect and ability to eat without judgment to stop judging herself and she was so pumped, she was so genuinely pumped for herself.

ANNIE

Yeah, but you have to look for those things. Because they're not, they're not always obvious, right? They're not always right in front of you, you might have to like, do some reflecting.

JEN

Yeah, you can't jump on a piece of plastic in the morning and it comes up, "Yay, you have improved your relationship with food."

ANNIE

"You said no to indulging perfectionist thinking," or, "You committed to your habit of journaling using the core four journal seven days this week."

JEN

Yeah, you've got to be very intentional about looking for those non-scale victories. And I think a lot of people just really miss that. More mindful eating, right? Is a huge win. Being able to reflect on your day, your week, your month, without judging yourself, huge win. Identifying cycles you're

in and learning why you do what you do, just that learning. That's a huge win. Another one that I think is a big win is, so, in behavior change, we would use the terms lapse and relapse to talk about when you I guess, quote, unquote, fall off the wagon [laughs] of your commitment.

ANNIE

You return to maybe a previous behavior.

JEN

Yeah, you return to a previous behavior. So a lapse would be like a couple inconsistencies. And a relapse would be totally abandoning your commitment. And another big win that I see in our successful members is that their lapses become shorter.

ANNIE

Yeah.

JEN

Or instead of going into a total relapse, they have a lapse, and they just get back on course the next day. And that is, that's huge. And that's totally worth celebrating. I missed a couple of days. And I didn't quit, I just got back to it.

ANNIE

I just had that on a coaching call. Last week, a woman has a history, she had identified it as a pattern that she's always struggled with have seen a photo, and then feeling shame about her body in that photo and emotionally eating just whatever she wanted four days after. And she got on a coaching call. And she was trying to kind of process that experience and talk about how to get back on track. And I said, "How would you have handled this six months ago, or a year ago, or two years ago?" And she's like, "Oh, well, two years ago, it would've derailed me for weeks and weeks and weeks. And I'm like, now it's been a weekend." Like -

JEN

Yeah, just one weekend, it derailed you for one weekend instead of six weeks. Enormous win.

ANNIE

It's a win.

JEN

Big wins. Or just getting better in any way. Right? Like improving your consistency. Improving on a skill. We've really got to learn to value those.

ANNIE

Yep. And that's so in alignment with what we've talked about in previous podcasts with growth mindset, too, that we value the acquisition of knowledge and improvement versus the end result.

JEN

Yes, absolutely.

ANNIE

Yep.

JEN

My last point here that I want to talk about getting through the three to five-week slump, this might be the most profound thing I say in this podcast today, is you need to prepare for things to get boring. So in Balance365 we have a fat loss formula, which we actually have a whole podcast about it and we can link to that in the show notes. But it is, the fat loss formula is a change that creates a calorie deficit plus consistency plus time. And so a lot of us have a lot of great ideas for change, don't we? Those ideas come to us when we're feeling very motivated. And we can be consistent with those changes, especially for three to five weeks. But the last part of this equation, time, a lot of people really struggle to let time pass. And we did a poll several months ago where we asked our audience, not just our members, but our whole audience, what is the number one thing that drives them to quit on themselves? Or just stop doing, you know, a new change? And overwhelmingly, the number one answer that came back was they don't see quick results. And I thought, "This is it." This is it, it is people will not let time pass, they're not willing to sit in that discomfort of letting time pass so that they can see the result of their changing consistency.

ANNIE

There's, I swear, there's this image of this man mining for a diamond. In the Top Comic, have you seen this before, the Top Comic? He's just like, inches away, like you can see the diamond, you can see him. And he's dug a really long ways. And the bubble says something like, "Nah, forget about it." And it's like, no, you're so close. [Laughs]

JEN

You're so close!

ANNIE

You just need to keep going.

JEN

So I think you know, magic can start, the magic starts happening when you let time pass, right? So if you're continually chipping away, imagine being that guy in that tunnel, and you're just chipping away at change. And you're becoming better at the things that we've talked about in this podcast, right? Like valuing all those non-scale victories, learning to assess your behaviors, and why you do what you do without judging yourself. There's so much to enjoy along the journey, right? And just chipping away at getting more consistent with these changes and looking at it like a journey of self-exploration, and settling into the journey so that you can let time pass and stop putting all your energy and value on what the scale is telling you. Right? Then I think you'll just, you'll wake up one day, and you'll realize you're holding that diamond.

And, you know, we have members post about this all the time. I would say one of the things that I see in all of our successful members, one thing they tell us is they learn to trust the process.

ANNIE

And the process takes time.

JEN

And the process takes time.

ANNIE

[Laughs]

JEN

Yes. [Laughs] Yeah. And so the other thing I would just say within this, a couple practical tips, preparing for it to be boring. I think it can be really helpful to create fallback plans. Right? So when you don't want to do the thing that you've committed to doing, or you sleep in, or you know, something happens beyond your control, your circumstance shifts a bit and you aren't able to do the thing, having a fallback plan that you can't say no to. So, if I sleep in in the morning, and I don't get to my planned workout, I will do 10 squats and 10 push ups on my bathroom counter before I go to bed right? After I brush my teeth. So I am at least doing that. Right?

ANNIE

Yeah.

JEN

I don't get to my workout. I've done 10 squats and 10 push ups that day.

ANNIE

Yeah. Which reinforces that all-or-something thinking.

JEN

Yeah, exactly. Yes. And also my, I guess, my parting wisdom of just get back to it is everybody has lapses. We make commitments. And we are not robots. We're humans. We're humans with thoughts and feelings. And we all have these different circumstances. There's things that happen beyond our control. But just get back to it.

ANNIE

Yeah. So if you are experiencing the three to five-week slump, it's normal.

JEN

It's normal. Yeah, it's not if, it's when. It's when it comes.

ANNIE

Yep. And you can work through it if you so choose.

JEN

If you so choose. Yeah.

ANNIE

Yeah. Okay, well, thank you, Jen. Great episode.

JEN

Thank you, Annie.

ANNIE

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.