

# Balance365 Episode 240 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 to Balance365 Life Radio. I'm your host, Annie. I've got a special episode for you today. I know I say that a lot of episodes, but this one, I really mean it. But before I tell you about it, I want to share a really awesome review that we got on iTunes about our podcast. They say, "Jen and Annie's podcast is one I will always make time for it in my busy life. They are inspiring and accessible, able to perfectly blend humor and realness with valuable health information. They have helped me immensely with working towards the right mindset to make lasting change. I am very grateful to have stumbled upon Balance365. I cannot thank you enough." If you have shared an episode, subscribed, to our podcast, left a review, it means so much to Jen and myself. This podcast, as I've said many times before, does not exist without listeners. So we cannot thank you enough we read every review it means so much.

Okay, now let me tell you about this special episode that I have for you today. If you don't know, every few weeks, Jen and I send out a heartfelt email sharing personal stories, wisdom, relevant thoughts at the time, and experiences that we do not share anywhere else. You won't find this email on Instagram, on our blogs, in a Facebook group - nowhere. It is very exclusive content. Now I understand, if your inbox is anything like mine, it's already full, and it's full of mostly junk. And as a result, you may not be too keen and eager to subscribe to yet another email. And if so, I get it, I really do. So I wanted to share with you an email that I wrote last year at this time about building self-trust. And I want to do this so you can get a sneak peek of the type of email content that you get access to when you are a part of our community. It's the kind of email I needed in my inbox. And after listening to this short episode, if you agree, you can sign up. You can have access to these exclusive emails, go to [balance365.com/email](https://balance365.com/email), or you can click the link in our show notes.

Tell me if this sounds like you. "I need more control. If I had more control. I'm out of control." If you feel like you have control issues, we need to talk. The desire to have more control over your food and fitness behavior is extremely common. But what if more control wasn't actually what you needed? What if what you actually needed was more trust? It is human nature to try to

control what we can't trust. I built a fence around my yard because I don't trust that my dog won't run away. I babyproofed countless cabinets because I didn't trust that my kids would stay out of them. Bosses install screen tracking software on employees' computers because they don't trust employees are working. And women micromanage their food, counting calories, and abiding by strict rules, because they don't trust themselves to make choices that support their goals.

It's understandable why women don't trust themselves. Decades of diet culture has insisted that we cannot be trusted. If we are left to our own devices, we are led to believe that we would lay on the couch and eat nonstop. We are told that we need rules and external controls to manage our behaviors. While there are valid reasons for increasing control, I found that when trust grows, the need for control diminishes. I have yet to meet a woman who doesn't innately know how to feed and care for herself well. It's a knowing that I believe we all have, and while many may be disconnected from it, it's still there. As women begin to look inward, they become less reliant on outside elements influencing their choices. More of, "What do I need?" And less, "How much can I have?" More, "I want this." And less, "Am I allowed to?"

Rebuilding trust in yourself is possible if you're willing to roll up your sleeves and put in some effort. And if you're ready, you can begin right this minute. Rather than give you a generic five-step process to building self-trust, I'd prefer to challenge you to reflect on what you need to establish trust. Whether you realize it or not, you know what it takes. You have likely built trust with many others before. You know what builds it up. And you know what breaks trust down. The same characteristics that support the trust you've established with friends, family, or coworkers can help you cultivate trust in yourself as well. I invite you to ask yourself the following questions to help you understand what you may need to build trust in yourself.

What behaviors support trust?

What does trust look like? Sound like?

How long does it take to build trust? What behaviors erode trust?

When it comes to trust, do you value patterns? Or perfection?

Now, when you've had a chance to reflect on those questions, I challenge you to apply the answers to those questions to build trust with yourself. It takes work, but the work is absolutely worth it. Trusting in you, Annie.

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](https://balance365.co) to join coaching.