

Balance365 Episode 288 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. Annie here. And I've been thinking about where I was 10 years ago, compared to where I am today. I've been thinking about why I have been able to be successful with something that so many people struggle with. You think I'm probably going to talk about weight loss, and not exactly. I'm going to talk to you about change. What many people see on the outside of me is a different body shape, a lower body weight, a different dress size. But all of that is just a byproduct of a commitment I made to change, which includes changes to my mindset, my emotional wellness, and of course, my habits. I am taking off my coach hat once again today and sharing this from a perspective of a friend to a friend, as someone who has tried and failed many times at behavior change, someone who eventually found sustainable success, and someone who wants to see you succeed, too. If you came here looking for the secret to behavior change, you know, the thing that will really work the formula for success, you are in luck my friend because I have got four of them. Four tried and true strategies to successful behavior change.

But first, I have to tell you, the enrollment to our life changing nutrition coaching program is just a week and a half away a week and a half away. If you are ready to revolutionize your life and put into practice the items that I'm going to share with you on today's episode, you don't want to miss this. Join the Balance365 waitlist today and you will get access to our limited number of spots 24 hours before the general public. And we will waive the \$199 join fee. Click the link in our show notes or visit balance365.com/waitlist to sign up.

Okay. The first, the first point I want to tell you about behavior change. The first honest reflection I have about behavior change is a big part of why I was able to make this journey successfully, is because I overcame what I have come to see as one of the biggest challenges of change. And that is, I stopped lying to myself. I stopped lying to myself about my habits and my choices. I stopped lying to myself about my efforts, my patterns, my tendencies. But more specifically, I stopped avoiding the aspects of my wellness that were too uncomfortable for me to look at. Now then, and even to this day, I have specific habits that I feel very comfortable and confident

changing like workouts, increasing my protein, increasing my sleep. These things I can assess and adjust with minimal emotional attachment, but I also have other habits that come with a whole lot of discomfort and drama. And for me, those habits often included my eating out frequency and strategies, my alcohol and my sweet treat consumption. In my experience, everyone has some skills and habits that they are more comfortable scaling up or down and others that just make them squirm in their seats to adjust. Or, like me, ones that you don't even want to think about. I really, really wanted to be able to reach my goals by adjusting only the habits that I was comfortable with and just, you know, ignore the other ones. And I tried many times to do just that. But in the end, embracing the discomfort that came with acknowledging all of my habits was a game changer.

Now, as I have shared, and we have talked about many times on this podcast, rebuilding self trust was and has been a very important part of my journey and ignoring or omitting unhealthy behaviors felt more conducive to self betrayal than it did to support rebuilding self trust. So I got very honest about the health trajectory I was on. I realize how soon simple and obvious it may sound to just, you know, be honest about your habits. But I was filled with so much shame about my habits or fear that if I was honest about them, then I would have to change them, that I avoided addressing them for a very long time. And quite honestly, I see the same thing in some of our members, their trackers, their habit trackers, their awareness journals. They look amazing, because they're only logging the choices that they feel good about. And they're completely omitting any choices they feel bad about. On paper, they look like they are just crushing their goals, but their paper is missing the big picture view. Now, an important part of the process of me becoming honest with myself, was looking at my habits and choices objectively, doing my best to stick to the facts, removing any thoughts and feelings from my assessment, embracing the discomfort that came with looking at the behaviors they previously ignored, and reminding myself that acknowledging all of my behaviors didn't mean I had to change them.

Now, the second thing I want to talk to you, the honest reflection I have about change, is I needed less information, and more action. I don't mean to brag, but I'm really good at buying books, I'm really good at reading books, I'm really good at scouring the web for information and ideas. I can curate the most beautiful calendars, schedules and journals, I can make vision boards, I can set long term and short term goals. I can find aspirational people to follow on the internet, I can buy all the foods, the equipment, anything I could possibly need to execute on my plan. I'm really good at that part. And this is all really great, because we know people who set specific goals, and plans to reach those goals are more likely to follow through. My problem was, I wasn't so good at taking consistent action or action at all. It didn't matter how thought out my plans were, or how beautiful my new health journal looks, because without action, they were useless. As James Clear says, if you haven't started, then taking action is more important than finding a better strategy. Now looking back, I can see that there were a few reasons why I spent a ton of time planning and very little time taking action.

Number one, it felt productive. It felt like action, like I was doing something and I guess in a way it was, but without that planning spilling over into what I was doing, my behaviors, my choices, it was all just wasted effort. And number two, I had a belief that I needed the perfect plan. And I hadn't reached my goals yet, because that was the missing piece. And I needed that to be successful. I wish I could go back and call BS on myself. I didn't need a better plan or more information, I needed to take what I already knew and put it into action to practice it to try it out to get started and tweak as needed. To quote my BFF James cCear again, he says whenever you are stuck searching for the optimal plan, remember, getting started changes everything. Think of it like starting a new job. Most of us don't show up on day one, knowing how to do everything. We show up, our bosses give us the information and instructions as needed, and through the process of continuous effort showing up each day, watching and trying, we learn. And behavior change is no different. So I don't know who needs to hear this. This is going to be painful. But you don't need to read another book or buy another journal. As fun as it is, as pretty as they are, you just need to get started.

Now the third reflection I have about change that made the difference from me struggling to me succeeding was I took responsibility for my choices and the consequences of those choices. Now, despite being in my 30s when I was going through this and now 40, I'm still shocked that I can skip my annual eye exam, that I can shrug off flossing, or even go days without consuming a fruit or vegetable and no one is going to reprimand me. I feel like I'm Kevin McAllister in "Home Alone." Like yelling out to these non-existent adults, "I'm eating junk food and watching garbage on TV. Is anyone gonna come out and stop me?" Like no, no, they are not. Because apparently somewhere between the ages of 18 and 40 I became the sole responsible guardian for myself. And I don't know but maybe you missed the memo, too. I sure did. So that means I can do what I want, and nobody's going to stop me. That's awesome. Freedom, autonomy. But it also means that the consequences of indulging every whim, that I have those consequences, they also belong to me.

The day I realized that I don't have to eat my veggies or exercise or go to bed on time, but at the end of the day, I'm also responsible for the outcomes was the day I started being accountable to myself. Nobody is going to come save me, nobody is going to come make me and I cannot outsource this work to anyone else. And I know, if you're listening, and you're like, "Shit," because I had the same reaction. When I had this realization, at first, it was a depressing gut punch. I thought, "I have kids, I have a business, I have a house, I have a dog, I want to go on dates, I want to travel, I have so much that I already feel responsible for, the thought of adding one more thing, let alone a human, to my list of responsibilities," was just too much to take. But eventually the overwhelm turned to empowerment, once I realized that me, not someone or something else, has the ability to influence my choices, and my results. That I'm in the driver's seat. And I would much prefer that experience than riding shotgun, feeling powerless to where I'm going, or how fast I get there. And you, my friend, are responsible for you. And I think that's pretty darn great.

The fourth and final, honest reflection I want to share with you about change is I didn't quit. And I know this is so cliché, but it cannot be said enough. The difference between who I was then and who I am now is simply a different approach. I tried them all, so you don't have to, that was balanced and sustainable. Continued effort and letting time pass. That's all it was. The habits that I was trying to change I had had for years, decades even. And those habits, they were built on beliefs that I had built even before I had those habits. So if you are someone who has behaviors you want to change, stop and think about that for a minute. How much practice have you had with those behaviors? Month? Years? Decades? Malcolm Gladwell says it takes 10,000 hours to master something. I don't really know about the research behind that. But just for perspective, a year, 365 days is 8,760 hours. I estimated that I probably have close to 90,000 hours practicing behaviors like emotional eating, late night snacking, giving minimal consideration to the balance of my meals, emotional drinking, and on and on and on. My point is, is that these habits took time to build and they will take time to break. And that's okay. It's part of the process, because it is taking you a while or because you're struggling or because it's taking some trial and error or you feel like you're failing, that is not a reason to quit. I certainly failed. I failed a lot. But I never gave up on who I wanted to be. And you shouldn't either. Don't quit on yourself my friends.

I hope that was helpful. Thank you so much for listening, and I hope to see you in Balance365 in a week and a half.

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.