



Corinne C.: So today what we're going to talk about is I have so far to go. A lot of the people that I work with, the people that I talk to are usually women that have, I don't know let's say 100 pounds or more to lose. Their biggest struggle is that they'll find a plan, they're ready to do their diet and then these sneaky little thoughts start coming into their heads, all about, "I have so much weight to lose. I'm never going to get there. This is going to take too long," and all that kind of stuff. I lost 100 pounds myself 12 years ago. I was overweight most of my life and I remember clearly this was an issue for me. I mean seriously. Almost every diet that I started, started with some craptastic thought of, "This is going to take forever. I'm never going to lose my weight," and then I would get caught up in all that.

So that's what I want to talk about today and I just want to introduce you to my cohost. Her name is Kathy. She's over here, she's going to help me just coach you guys, talk about this problem, we're going to go through it all. She lost 80 pounds herself and I think that's pretty much an expert at-

Kathy: Oh expert.

Corinne C.: Yes. Well if I've lost 100 and you've lost 80, I would say that we are pretty much ... I mean I would call us experts.

Kathy: Yeah. No I like it. I like it.

Corinne C.: Well and here's my thinking on it. So when people are overweight, they want somebody like them to talk to them. I just remember all the time hiring trainers back in the day and I would think, "That skinny bitch can't help me."

Kathy: Oh absolutely, heck that's why I look to you for guidance.

Corinne C.: Right.

Kathy: Because you have walked the walk, so sure.



Corinne C.: I know that that's ... I just think that that's common. I think that I remember going to the gym and thinking ... Like a guy would be working out with me. I had hired this trainer, he was always usually 25 and I don't know raging metabolism and I would sit there and think, "You don't know my struggles. You don't understand what it's like to be 250 pounds and to walk in here." Because he would want me to do stuff like a 25 year old dude could do, and I'm like, "I wouldn't be here, if I could do stuff like a 25 year old guy could do."

Kathy: Right, right.

Corinne C.: So we're your experts. I think that life experience far out weighs I don't know, book-smart experience, in certain areas, which I think weight-loss is one of them. I do want to say I am a master weight-loss coach. I am certified through the life coach school. Kathy is one of my coaches at my website, so we've got a little bit of everything. We've got life experience, we have certifications, we study this, we live it, we breathe it, we eat it.

Kathy: We've got a lot of practical knowledge about that.

Corinne C.: We do, so all right. So you are sitting there and you're like, "Okay. Corinne I have found a diet. I am a few days in and my brain is only thinking about how far I have to go and it's causing me to feel ..." I don't know, like what do you think the most common issues are? Overwhelm is always one. That's like the biggest one.

Kathy: Absolutely. Confusion.

Corinne C.: Confusion.

Kathy: Might even throw in a little anxiety. You know? Really.



Corinne C.: Anxiety. Well and even like a sadness, and let me just say, when you're trying to lose weight, it's really hard to try to lose weight when you feel sad, anxious, overwhelmed and confused. I mean that's just a recipe for diet disaster. I just remember that's how when I would feel those things, I would end up just eating or just, "F this. I'm going to have something tonight and I'll just start over tomorrow," because it just seemed ... It was that general sense of the journey itself was going to be overwhelming and so what I did in the very beginning ... So when I lost my 100 pounds, here's my how it all started. I hit my rock bottom, I'm looking at my son, I'm 30 years old and I can't play with him. He's a year old and I am bawling by the time my husband comes home that night and I'm like, "I don't know what I'm going to do, but it's all changing today."

It was literally the first time that I ever went on a diet and I was like, "I am done hiring people or following excruciating meal plans or signing up for Weight Watchers," just the usual bullshit that every one of us does when we want to lose weight. We find something because somebody out there must know more about it than me. If I knew anything, I wouldn't be so overweight. Well, I was done. So I started just walking. I was like, "I can just go walk every day. I know I can do that," but my mindset had to be wrapped around the idea of, "I'm going to do a little bit better each day." I didn't get focused on the end of the journey. For me, it was literally going to kill my effort if I got too ... I don't know, what do you call it? Fascinated with where I wanted to go or it's not really fascinated, but it was like-

Kathy: Maybe too focused on that end goal. You had to set maybe smaller goals.

Corinne C.: Yeah.

Kathy: Day to day things that you could actually wrap your arms around accomplishing.

Corinne C.: Yeah I did that, but it was more like I would think about ... I'm just trying to think when I was say, 25. Like when I was 25, I weighed 250 at that point. I mean it was like me and 250 were very cozy. So I could be, I was either 175 or 250. 175 or 250 because I had gotten really good at losing weight in that range. I was great at losing the weight and I was great at putting it back on. I was just the expert basically.

Kathy: Didn't it make you mad every time you had to keep turning around and you had to lose it again?



Corinne C.: Well yeah. I'd be pissed at myself and feel like a loser. I'd go through the whole gambit of, "This is shitty." It was just terrible.

Kathy: Yeah.

Corinne C.: But every time I would lose, honestly every time I lost weight, every one of those times, it was always the most ridiculous ways. I remember one time when I lost a bunch of weight, it was because I was depressed and I was eating ... I can't believe I'm even telling this story. I would go to Captain D's every night and I would eat an order of Captain D's breadsticks and a diet Dr. Pepper. That was my dinner and most of the day I didn't eat. I did that for a long time and just lightened up until I lost the weight. So big shock when I got the first time I had to start traveling and stuff and I couldn't just eat Captain D's little ... I always called the my donuts, because they're fried breadsticks.

Kathy: Oh I'm done.

Corinne C.: Well they're delicious and I love Captain D's to this day but I couldn't do a steady diet of fried breadsticks and diet Dr. Pepper and expect, "Well I'm going to rock this at 80." It was not a lifestyle, but yeah I would be mad and you know I don't even know if I would be mad. Well I was mad at myself, but I would be very confused as to why I was putting the weight back on.

Kathy: Really? Confused?

Corinne C.: Yes.

Kathy: After eating fried breadsticks for dinner for a month?

Corinne C.: Well it worked. I mean but that's where-

Kathy: That's interesting.

Corinne C.: Exactly, but that's where the confusion came in because it was like, "Well that worked, so why can't I just get back to that?" Because it wasn't sustainable. It never clued in to me that that was not sustainable, that that was not taking care of myself. My goal, like I think a lot of people who want to lose weight, was just to get the weight off. I had no bigger reason than I just really want to lose weight. I'm so disgusting at my size.



Kathy: Yeah.

Corinne C.: It was very negative, because if you think about it, when you feel disgusted with yourself and you are put out by yourself and just all the things that go on, you don't pick a diet or choose something that's nurturing. You pick something that's punishing because if I'm disgusting, I should be punished.

Kathy: Right.

Corinne C.: So I think I just never made the connections that that's why I kept bouncing up and down the scale all the time. So this time it was going to be different. I was smart enough at 30 to know there was no way in hell I could focus on where I needed to go. I had to be right here, today. The only thing I thought about in terms of my future, was I wanted to be a better mother. I would envision myself being a better version of me, versus how much I wanted to weigh. It was definitely the difference. It made all the difference in the world. I think it's having that ... Well you know how we teach the tribe members, the PNP tribe members are my clients, they have a website and everything, but we teach them about compelling reasons. You need a reason to lose weight that really gets you to feel good about where you're going. I think for me, when we teach compelling reasons, that's the piece we really need to focus on.

Kathy: Absolutely. I think it's the positive that you bring out in compelling reasons.

Corinne C.: Yes.

Kathy: When you tell yourself, "I'm disgusting." That's not a compelling reason.

Corinne C.: It's not a compel-

Kathy: No.

Corinne C.: Or we had a client this week talking about ... you know who I'm talking about. She was talking about she had a lot of good reasons, but her main reason was she was afraid she was going to die, because she had such a health scare last year and she was worried that because that was lurking underneath the surface ... did you read this?

Kathy: I did. I did.



Corinne C.: Okay, because that's lurking under the surface, she's worried about her journey. She knows that losing weight out of a place of fear is never going to work.

Kathy: Right, right.

Corinne C.: It's the idea of, okay if you're afraid you're going to die or you think you're disgusting or something, it's really thinking about, "Okay. We really both want to go to the same place. We can either go there disgusted and scared, or we can go there feeling good about it." so if we're going to feel good about it, how do we want to think about it?

Kathy: I love that you bring our nurturing.

Corinne C.: Mm-hmm (affirmative).

Kathy: Because that really indicates that you're doing it for a positive reasons, because you care about yourself.

Corinne C.: Right, yeah because I think there's ... Even if you're scared with a health thing or whatever, I think it's natural for that to pop up in your brain and that's what I really want to talk about today, is when you're focused on that long journey, when you keep thinking, "This is going to take forever," it just gems up a ton of shitty like feelings. I mean it just does. It's not going to feel very doable and when you have a weight problem, if you are anything like I was, if you feel like crap, you will eat like crap.

You might be able to make a few weeks and you might be able to make a few days or a few meals, white knuckling your way through it, but in the end the longer you stay in that tension of crappy, the more likely you're going to start doing what we call, "Little quits." You're going to start, "Well today I'm just going to have this cookie. It'll be okay. Tomorrow well I'll go to lunch with my girlfriends, I got invited, I know I haven't been going for a while, I'll just go with them," and then the next thing you know you're there and you're talking yourself into, "Well I'll just share the appetizer." Normal people share appetizers, when you're going to have your own prepared lunch there's all these little things that happen and then next thing you know, the journey is taking forever. You're little quitting and just delaying your results, and so it just totally proves like, "Yeah, losing weight's going to take a long-ass time," and that sucks. It all starts because you're so fascinated with this thought that it's going to take forever.



It's like you're fixating on it and it's a fear. So what I try to teach people is not to go there. It's very common for us to want to think about how long it's going to take, but your job has to be to know when you're thinking it, and when you know you're thinking it, you have got to change the thought. You don't have the time to spend, or the energy to spend in that realm of negative thinking. I just don't know a person that needs to lose weight that has the bank roll to be in the negative thought space. It just doesn't work. So when you catch yourself thinking and you have so far to go, or whatever it may be ... what are some of the other ... "This will take forever." What are some of the other thoughts that we always think about when we're like-

Kathy: "I'll never get there."

Corinne C.: "I'll never get there." "It's too hard for me."

Kathy: "It's too hard." Oh gosh that's a good one.

Corinne C.: Yeah, I think ... Oh, "I failed so many times in the past, I'll probably fail this time." You know it's all of those things that you have to catch those thoughts, and I'm just going to tell you, now I'll be the first one to tell you, they're natural. They're well practiced, they're coming. Don't get your head wrapped around that there's something wrong with you for even having those thoughts. There's nothing wrong with you. The only thing that's wrong is what you're eating and we just need to change that and that's easy to fix, but I want you to really embrace the idea that it's okay for me to have those thoughts.

My job is to not believe them anymore. My job is to, once they enter your head, to quit repeating them. To quit fixating on them. To quit fascinating on them. To quit letting them roll around like a pig in mud in your head. You have to be like, "Alright I get it, you're here, but this is what we're going to choose to think," and some of the things that I try to get people to think, is "I am making changes I can live with." I mean I think that one was a huge one for me. I think back when I was losing weight because I didn't do a big diet.

Seriously I tell this story all the time. The first big diet change I made, was I used to eat ice cream every night out of the half gallon carton. On the couch, with a spoon and I would just sit there and eat, usually to the bottom of it, and I remember after walking for a couple weeks and stuff and feeling better about myself because I was doing something better for me with no expectations, I was like, "I'm changing my life." I knew that. All I knew is that I was changing my life.



I didn't put a lot of pressure on that thought but what I did was one night, I remember sitting there and thinking, "I'm going to put this ice cream in a bowl. I'm not measuring it, but damn it I'm going to put it in a big bowl." I made a rule for myself. No more eating out of the carton. That worked. Next thing I know, I was losing weight because I was just making changes that were every doable all because I had this thought like, "I am going to figure out my weight problem. I am making changes that I will only ..." I would think about things like, "There's nothing I'm going to do today, that I know I would not be able to repeat for the rest of my life." I had no interest in losing weight that was going to have to be lost again. I had already done that. I had become an expert at doing that.

Kathy: That's a great thought. "I have no interest in losing weight that I'm going to have to lose again."

Corinne C.: Yeah I mean-

Kathy: That's beautiful.

Corinne C.: Oh thank you.

Kathy: Yeah. That's a good one. Drop the mic.

Corinne C.: Yeah, woo, but it was true. I didn't ... I hate to say this but at 30 it was like I felt like, it has to happen this time.

Kathy: I'm done messing around.

Corinne C.: Yeah and I was like, "I have every reason to do this." I had a son, I just wanted better for him. I wanted better for me. I really did not want to pass on the obesity legacy. I mean it was running rampant through my family and I didn't want that for him and I knew that the only way it was not going to happen for him, is if I just decided it stops here, and it had to stop with me. It was that important. It really started with the idea of, "I'm not doing anything that I'm not willing to keep doing."



This is why I like that thought, because women who are overwhelmed, start looking to change diets real quick, they start looking for quick fixes, they want to know about ... I do these Facebook Lives and I swear to god every single one, somebody will ask me, "What about the HCG diet?" "What about ..." somebody was asking me yesterday about ... I don't even know the name but it was very complicated and it was a pill and I'm like, if Oprah's not taking it, it doesn't exist because I always know that Oprah, she will be the one that's like, "I have found the magic every one and now I have bought stock and I'm going to share it with all of you."

Kathy: Yeah, I remember you saying, "That's why she's on Weight Watchers now."

Corinne C.: Exactly, because she bought stock in that crap. It's serious. People just think that there's a magic something out there, but when you have that rule in your head like, "I will not do something that I can't keep doing," all of the bullshit diets, suddenly don't become an option anymore. The people that want to do no carb, but they love carb. It's like, "Well if I'm not willing to not eat carbs the rest of my life, then this becomes an easy decision," and I think that's really key to all of this.

You've got to find the new thought that feels very doable for you. Especially like seriously, if you've got 100 pounds to lose, if you're like me you aint got time to fuck around with thoughts that are going to be more than you can believe. You've got to find something that's like, "Well I can't believe that I'm going to rock this out," like if you think this will take forever, your alternate thought is, "Oh it's just going to be a matter of time." It's like, that's bullshit. I don't want to think that stuff because it feels so inauthentic, it feels so fake, I'm not going to get traction with that.

Kathy: It's constricting too.

Corinne C.: Yeah.

Kathy: Yeah.

Corinne C.: It's like I want to think about something that empowers me, it doesn't candy coat that this is going to be easy or this is going to be some joy ride, or something along those lines, but it feels like, "All right, so I can do this."

Kathy: Do you know what mine was?



- Corinne C.: What was it?
- Kathy: My thought that I was going through and I remember telling people this. They would ask me, "How are you losing your weight?" My thought was, "I'm making better decisions." It was just as simple as that.
- Corinne C.: Yeah and well I think that's it. I mean it's really finding something that makes sense to you. Its finding something that allows you to believe it, to make sense of it, and when you can make sense of it, and you believe it, then you start knowing what you need to do next. That's when it starts snowballing and feels a little bit easier. It feels like you've got momentum building. Momentum cannot build people unless you are making choices and they start getting consistent and that they're good and that they work. Momentum, I think I posted a meme about this the other day. I said something about momentum is the result of a lot of tiny decisions, made for you.
- You know? It's just taking croutons off your salad. It's literally not the big ones. People always think, "I need some momentum and motivation." They want to do all of these big sweeping changes and it's like, "Why don't you spend a week looking for all the littlest things you can change in your diet and the littlest change you can," like parking farther away. When you start embodying somebody that is healthy and does things, that's when momentum builds. That's exactly when it builds. Do you have anything else to add to our peoples before we sign off on this one?
- Kathy: No this was really fun. It was a good one.
- Corinne C.: Well I-
- Kathy: Dropped some good pearls there.
- Corinne C.: Well thank you. I appreciate it. It's just I think for me, the reason I want to kick this podcast off with this one is because it's the one thing I know that is the dream killer for people that need to lose weight. It really is. It's like getting obsessed with how far you need to go and how long it's going to take and stuff, it just is going to derail you. Just get in the moment. My best advice in this podcast is to think about can you make changes you can live with each day. Just get so focused on it people, and then when those other thoughts come in say, "Bye Felicia. I don't need you." Or just, "Have a seat. We're making changes we can live with."



We don't need to think about all that right now, and that's really it. Start there. Just start there. I hope you enjoyed today and we will be back next week, talking about another topic that you're super interested in. Our goal is to help you lose weight, just like we did and just like the women that we help every day. Talk to you soon. I hope you loved today's show. If you're ready now to work with me and my team of online weight-loss coaches, head on over to joinpnptribe.com. That's, "P," as in Paul, "N," as in now, "P," as in Paul, joinpnptribe.com. Here you find information online personally designed, no BS weight-loss program and all the benefits, perks and exclusive training included with being a PNP tribe member. Let me help you change your life, just like I did.