



- Corinne: Hello everyone. Welcome back to Losing 100 Pounds with Corinne and Kathy. Today, we're going to talk all about journaling. Now, I want to say, we make our clients journal. Especially if they're determined to lose weight, then they have to keep a journal. If you're not journaling, you're saying, "I don't give a shit about losing weight. Here's what I would like to do, I'd like to just keep doing the same crap I do all the time and hope for good results." That's essentially what happens when you don't want to journal. Kathy do you agree with me?
- Kathy: Absolutely.
- Corinne: Of course you do. So, here's the thing. I have a lot of people ask me all the time, "Do I have to journal in order to lose weight?" Yes, you do. You need to lay out all your bullshit excuses, I promise you. If you don't want to journal, write about why I don't want to journal. All of the crap thoughts that you have about it will come up like, "I'll have to see my mistakes."
- Kathy: I don't have time.
- Corinne: I don't have time. I think the biggest one is, "Well, I don't want to admit that I ate that." Which is hilarious, because you already ate it, your body knows it, you're not keeping a secret from anybody. There's only two people in the whole world that care about what you ate, you and your butt. Both of you know what happened. So, I would say yes, you do have to journal. Now, a lot of people ask me, "Well, what do I put in that journal?" I'll tell you one thing, when it comes back to the time issue, people ... First of all, it does not take that long to journal, I'm just telling you. We want it to seem like it's this long arduous task, but I guarantee if you write about why you're hesitating and you're beneath the time, there will be something that you will not like about yourself that is preventing you from journaling. It's time wise ... I don't know, how long does it take you to journal each day?
- Kathy: Five minutes tops.
- Corinne: Yeah, and we actually journal a lot.
- Kathy: I journal every day, and I just don't write down my food.



Corinne: Right, a lot of people ... If you're listening to this podcast, here's one of the things you need to know about the way that I have my clients do it. We do not count calories. I do not have my girls counting calories. I have them eating and listening to their body. We have a method where we eat two to two. It's all this great stuff, it's in the PNP tribe. But, for you, what you need to know that needs to go in that journal is, what did you eat? What were you thinking that day? If you overate, you would talk about why you overate.

I put down ... Well, sometimes I do put down the time now. I have my beginner people always put down the time, but nowadays I don't normally do time, because I pretty much eat around the same times. So, I don't have to worry about that too much. I also put down ... I put down my exercise. Always. To me that's my favorite part of journaling, because I get to put down the one thing I know I rocked out all day long.

Then also, one of the other things I think is really important to go in journals, if you are this person who is sitting there thinking, "You know Corinne, every time I hit my period, I just want chocolate and I want to eat all the salty things." You definitely need to be journaling your period so that you have that. We're gonna go into why that's important in a few minutes. Even doing that ...

Most people who are starting with food, they don't even put their thoughts in there. They're literally just writing down what they ate. That takes a whole minute of your day. If you do not have one minute of your day to dedicate to the most important part of your weight loss, you are not serious about losing weight. You have to really own that fact.

So, you do have to journal. The reason why most people don't do it, because the truth hurts. Most people do not journal because they don't want to see what they're eating, because very often they're having overeats. A lot of our clients ... What are the most common overeats, besides night time eating?

Kathy: Oh, I see a lot of women eating when they get home for work. They bring the kids in and they're eating while they're fixing dinner, because they're stressed out after the day of work and their kids are running around, and yeah ... I see that a lot.

Corinne: The weekends, people fall off the journaling wagon on a weekend because they're eating ... They planned Mexican, they go out and they end up eating all the chips and fajitas, well give me a couple margaritas to top that off now that I've done all this.

Kathy: And I'll just finish up the kids plate too.



Corinne: Right. So, the reason why most people don't journal is because they don't want to write down all of the diet mistakes, which is what our other episode was all about. About accepting that those things are going to happen. Those diet mistakes, guys, listen to that episode. They have to be in your food journal. Again, you know you did it, your butt knows you did it, so at least make your mistakes the guidepost to success. That is the most important thing to do.

One of the things that always frustrates me with clients is when they don't want to journal their mistakes. I'm like, "I can't fucking help you. You did not start working with me so that I could look at your perfection. You work with me because you're making mistakes and you need help figuring out how to rectify this. If you can't give me a journal jack loaded with mistakes, I can't tell you what to fix."

Kathy: Your perfection didn't get you to the point where you needed me to help you.

Corinne: Right. If we were all doing it so well, nobody would have a diet podcast.

Kathy: Nobody. Really.

Corinne: You really need to keep the journal, and it needs ... I tell people all the time, I want your journal so loaded with all the things that you normally wouldn't want to tell yourself. When were you eating, a few extra things when you were cooking. When did you clean that kids plate? When did you end up in McDonald's instead of having your healthy food when you get home. When did you blow out Mexican on a Saturday night, all those things needs to be in there. It doesn't take that long. Then you start layering in all those thoughts. Your diet mistakes? They deserve two to three minutes of your undivided attention, to think about why they happened. That journal is going to be what I call the blueprint to your success.

So, let's talk about all the things ... Let's say that you've got all the food, all the good stuff, the exercise, I know when my period is, ooh I accidentally had an overeat over here, all that kind of stuff, you've got all that in there. Here's the things that it will tell you. It will tell you foods that work for you. A lot of times when I journal, I'll notice I'll have days that I feel great. Yes, I still journal to this day. Twelve years in and I still journal. I will have days where I feel great, so, I look back to see what the hell I was doing the last two days.

Kathy: Yeah, yeah.



- Corinne: Like if I've got a lot of energy and a lot of focus, then whatever I'm freaking eating this week must be good. If I notice I feel like poop ... Speaking of poop. So this week I made this awesome pizza bake that was supposed to be ... I made it special, pulled this mother off of Pinterest. I did a Facebook live on it. Did a blog. All of it. I have been the biggest gas bag all week off of this dinner. It's tasty, and it's filling, but for like four hours it's got a lot of ... I think it's the zucchini. It's on a bed of zucchini squash and butternut squash. I don't know what's going on, but everyday I will eat that, and for the next four hours. It's like a steady stream.
- Kathy: Wow.
- Corinne: I can say, Kathy pull my finger, and I can go at any time.
- Kathy: Nice.
- Corinne: Luckily for you, I didn't eat it today.
- Kathy: Glad you're over there.
- Corinne: Exactly. I didn't eat that. I was like, "We're recording, nobody needs me to rip one right here on the podcast."
- Kathy: Honestly, let's reign it back in, right? That is something that bothers some people. Whether it's gas or constipation, or other issues, that might be something if you have issues like that to put in your journal. To see how your food does react in your body.
- Corinne: Exactly. One of the ways I knew that apples, besides the sore in my mouth, was I kept journaling for a long time about how apples were ... I would notice I would get a sore in my mouth after I would eat them. Here's the ... Seriously if I'm sitting here looking at my food journals and squash and apples are coming up as a problem, as a dieter, you're like, "I should eat that stuff, that's all healthy." But like, I don't want sores in my mouth, and I don't want to be gassy. So you can look for stuff like that.



You can also look for the things that are triggers for you. That's one of the things I think is most important about journals. You will find what your common food overeating triggers are, because the more you're willing to write about it, you'll notice, "Damn, every day at 4:30 I'm in the pantry. Damn, every Saturday night, so and so calls and I'm like. 'Forget my goals I'm all in.'" You will start seeing all the little things that are patterns. Rather than sitting around thinking, "I don't know why this keeps happening to me." You can be like, "Maybe I need a better game plan around these certain circumstances, these certain people, these certain times." That's what a journal will show you.

When it's in your head, all your stuff, it's competing with your life. It's competing with remembering to do the laundry and picking up so and so. Your job deadlines, when you need to be in bed. All that stuff. So you forget why you're eating, or you forget the little things that are triggers. A journal gets it out of your head, all of a sudden it's like, "Oh, there it is, black and white. I've seen myself write this over and over again. Now I know." When you know, and you have decided that die mistakes are a way to get better, and not away to shame yourself, then you have your data. That's what your journal becomes. It becomes the place where you really make the blueprint of how to lose the weight.

Kathy: Yeah, you know. I'll add one more thing that can come out of your journal. When I was losing my weight, I would look back at those weeks where I had really great weeks to see what I ate. I would repeat those weeks when I wanted to feel some more success.

Corinne: That, and also when you want to ... A lot of times people will say ... Our girls that are more experienced that have been journaling a long time ... When we do journals at PNP, we have them not only do it daily, but they post a weekly plan. They'll have a week where they're like, "The whole weekend I was running, all kinds of stuff came up, I didn't have time to make a menu this week." I just wen to my journal and grabbed one that I know we liked and that worked. I was like, "Boom this is what we're doing this week. I'm just going to rinse and repeat." That is also another huge benefit. If you're one of those people who is overwhelmed with menu planning, "I just don't know how to plan and stuff." All you need is a few weeks, your journal will tell you what worked for your family and what didn't. Then you can start tweaking them.



That kind of brings me to apps and stuff. A lot of people ask me, "Where do you journal, what do you keep it in." Our girls, because they don't count calories, they use a couple of things. They either just write it. We have little planners and pages and stuff that we do at PNP. They can either just write it there, or you can just buy a notebook at Target, there's your journal. You also can use EverNote, which is an app for your phone and your computer. I love it. A lot of our girls like to keep it there so they just create a notebook called their Journal, each day they create a new note, and they type in their food. The nice thing is, because it's on the phone, they can just ... If you're on the potty.

Kathy: Yeah, exactly. If you find yourself at the grocery store.

Corinne: Yeah, you have time. You have these small little pockets. Rise Up Plus Recovery is an app you can download that a lot of our girls like. I will say don't get freaked out when you go to it. It was designed for people who have an eating disorder, but we love it because it doesn't rely on counting calories. It asks you what you ate, what time, what were you feeling, and then the notes section, we've always had our girls put their thought about that meal. Sometimes, you don't have a lot of thoughts, but sometimes ... If you ate four Oreos in the afternoon, you want to write a few thoughts down. What was going on so you can start uncovering why you're overeating. Are there any other apps that are good? We have one posted in our Facebook group, if they're working with you, they're posting in the private group. That's the essentials of it.

Kathy: Those are the easiest ones to use. There's apps everywhere.

Corinne: Yeah, you can use Lose It, My Fitness Pal if you want to do ones that do calorie counting. I will say ... Those to me are going to be the more complicated ones because you're having to search for your items. I still think those are easy, because I remember back in the day when we didn't have apps, and if you wanted to count calories, you had to buy a book.

Kathy: Oh yeah.



Corinne: I'll never forget her because her name was mine. But, you know, remove the excuse that it's too hard or too time consuming, and plug in the reason, because I'm determined to lose my weight. I will do what it takes to lose my weight. I am telling you as someone who lost 100 pounds, Kathy has lost 80 pounds, if you're serious about losing weight, step one, start writing down what you put in your mouth. What you put in your mouth is the key to the game. You want a record of it. The other benefit too of journaling, I will mention this because we didn't say this, is when you hit your stall. I want you to hear this. When you hit your stall in weight loss, everybody hits it, it's coming like a freight train, please do not be afraid of it. Your food journal is what will tell you what to tweak. That's why you want a food journal. You do not want to hit a weight loss stall and not know what you've been doing for three or four weeks and have no data to go by on what to change. That's so important. Y'all gon' have to journal. Just gotta journal. Is there anything else you want to add about journaling?

We both do it. We do it religiously. All of our coaches that have lost weight at PNP, they all journal. Our most successful girls the ones that are 25 and 50 pounds in now, they're all journalers.

Kathy: I think I would just reiterate that you want to tell your journal the truth. Tell yourself the truth, open your eyes up, and tell your journal the truth because you're going to be really glad you did when you go back in after a week or two of not losing any weight, to figure out what's going on.

Corinne: Right. Also, I think a lot of times people say, "Well I don't want to be obsessed about my food." It's like, if you're overeating and stuff you're already obsessed. Wouldn't you like to at least know ... I don't think journaling for me makes me obsessed. It makes me informed. I think that's a big difference. I can think of a few people who said, "Yeah, but when I journal it just feels so obsessive. I'm just having to write down everything I ate." I'm just like, yeah.

Kathy: Excuse.

Corinne: Do you write down everything you spend? Seriously. You think about it. It's like your budget. Do you just say, "I don't want to be obsessed about money, so I'm just gonna spend whatever and hope shit works out at the end of the month." We don't do that. If you do, you're probably broke. But, you want to make sure that you're thinking about it in terms of are you obsessed, are you being accountable?

Kathy: Accountable, right. I was gonna say that word, look at you.

Corinne: You know it. Shit wisdom.



Kathy: Your journal does keep you accountable- I'm telling you. I had a client tell me just this week that she decided not to eat something because she didn't want to put it in her journal.

Corinne: Right, it made her accountable. People say all the time, "How do I get accountable? How do I practice accountability?" You show up.

Kathy: You tell yourself the truth.

Corinne: There's no magic. Accountability starts with you just deciding, okay I'm gonna do that. And you do that over and over again when you don't want to. When you don't feel like it. I'm so big on that. I bet I have said that a thousand times in the last few weeks about the whole idea of, anytime you say, "I don't feel like doing something." That's the exact time you should do that. That is your brains way of saying, "You have a reason to not want to do this, that you don't want to admit, so let's just blame it on our feelings." Think about it. When I don't feel like journaling, is it because I was doing things so great.

Kathy: Oh no.

Corinne: When I don't feel like balancing my checkbook, is that because things were going so great.

Kathy: You just don't want to see what's in that checkbook.

Corinne: Right.

Kathy: Or in that food journal.

Corinne: You want to turn a blind eye to something.

Kathy: Right. You want to hide from it.

Corinne: Yeah. If you don't feel like exercising, it's because you just don't want to get your results right, you don't want to work hard. I think that's a whole thing we've been talking about with the journaling. The most important part of the journal is the honesty. It's your honest. It's your honest to yourself, it's you holding yourself accountable, and all you have to do is just commit to showing up for it. You know, I don't have to feel like journaling, I'm doing it because I know that's what gets my results. I don't ever have to feel like journaling. I have to want my results. I have to be committed to my results.



All right. I think we got the point across.

Kathy: Yep, good stuff.

Corinne: If anybody decides not to journal, just message me. If you miss the point of this episode-

Kathy: That's right, she's got a 20 minute talk for you.

Corinne: Right. We will see you next week, I hope you enjoyed our talk on journaling and if you ever want any kind of like ... special podcast or anything, always feel free to leave us comments and we will see if we can work it into the schedule. Talk to you soon.

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