



- Corinne C.: Hello everyone and welcome back to our podcast. I'm here with Kathy. Today we're going to talk about a concept that I love. It sounds terrible, though. "I'm too fat." I think very often we have thoughts and things that we say to ourselves and it almost always starts with "I'm too fat. I'm too fat to learn new things. I'm too fat to go on vacation. I'm too fat to wear this bathing suit, these pants." All kinds of stuff. That's what we're going to talk about today. Let me just check in and ask Kathy, how are you today?
- Kathy: I'm great. Actually, I heard somebody this morning say they were just right. I said, "How are you?" and she said, "I'm just right." I thought that was cool, so that's what I am today. Just right.
- Corinne C.: Well, I like the way Dave Ramsey has always said when he asks like "How are you doing today?" or whatever and he's like, "Better than I deserve" or something.
- Kathy: Yeah. Ken says that a lot.
- Corinne C.: Yeah.
- Kathy: Yeah.
- Corinne C.: But I don't know, though. If you think about that ...
- Kathy: I'm not sure I like the way that sounds, to be honest with you.
- Corinne C.: Yeah, I like the way ... I guess if you're in the right mindset it sounds grateful.
- Kathy: Yeah.
- Corinne C.: But also it's like, well why don't you deserve it?
- Kathy: Exactly. Exactly.
- Corinne C.: Maybe that's just the coach in me coming out ...
- Kathy: Yeah.
- Corinne C.: ... Like, "there's always a problem."



Kathy: Why do you deserve better than what you have? Could be all kinds of way you could look at that.

Corinne C.: I know, I know. I'm actually doing pretty shitty today. If you care, Kathy. I noticed you didn't ask so I'll just say so.

Kathy: I do, I do. But your purple hair is so fabulous.

Corinne C.: Well, it goes back to Saturday Night Live. Do you remember, gah, I can't remember the name of the dude but it was ... Billy Crystal used to do the guy and he would say, "It's better to look good than to feel good."

Kathy: Oh my goodness.

Corinne C.: Today, I look amazing. I don't feel great, though, today. I'm just, like, cranky. I woke up on the wrong side of the bed. My period was, like, seven days long it was just ... I think I'm just coming off the tail end of all that crap. But, it has inspired me to want to talk about this topic today because, like, when I was on my period there were plenty of days where I was waking up feeling, you know, I'm too fat to wear these pants today. I'm this, that, and the other. It made me start thinking about our clients. We have one in particular that when we had our annual retreat this year, we were kind of talking about treating yourself well. I think that's hard for a lot of women. When you carry your weight around for so many years, it's like you just get demoralized.

Kathy: That's exactly what it is. They don't feel like they deserve to treat themselves well because they don't feel well.

Corinne C.: Yeah, and they make their weight mean, like, they are a personal failure. Then they turn themselves into a dog and until they lose X amount of pounds, they don't deserve to do things. There's all this deserving, deserving, deserving. So anyway, we were talking about it at our retreat and I was telling people, you know, like, "You don't wait until you lose your weight to start being nice to yourself." That goes with thought, that goes ... I can't tell you how many people have told me before that they feel like they need to talk down to themselves to motivate them. I'm like, is that really motivation?

Kathy: It's not motivation for me.

Corinne C.: No!

Kathy: It makes me feel like crap.



Corinne C.: Right! But they feel like, well yeah but if I'm happy then I'll just eat. That doesn't mean you'll eat. You're looking to feel good. That's why you're eating. Let's really separate it out. But shaming yourself is not going to be the fast track to results. You know, we talk about it all the time. Whatever it is that you want with your weight, it won't happen if you are always coming at it from a negative place. The only way to get a positive result with your weight is to come at it from that positive place. The belief in knowing you can do it. Sitting around telling yourself you're too fat for stuff, sucks.

So we are talking about, with everybody, that, you know, start doing things now for you. And so she goes ... And she had not said much at camp. She had said some stuff, like, as the days were going along, we call it camp or retreat, she got more and more vocal. On the last day she was like, "Well I don't get pedicures because I think they're sitting there thinking" ... What was it that she said? Something about her big calves.

Kathy: My calves are too big to get pedicures.

Corinne C.: Yeah, my calves are too big to get pedicures. And I said, "Are you kidding me?"

Kathy: I swear the whole room turned around and looked at her, like "What?"

Corinne C.: I know. And we just started laughing and we were like, "Do you really think they care? Or do they want your money?" And she was like, "Well, I just think the whole time that they're sitting there working on my feet all they're doing is thinking about my calves." And I said, "Look, when you get back home, within a week, you need to go get a damn pedicure. Get past this." So we're going to talk a lot about that stuff today.

One of the things, you'll have to remind me of our notes Kathy, because ... So, you guys don't know this but when ... I'll have to post a picture on the blog on this episode. I stand behind what I call the jail screen and I can't see out of it. We have all these notes that we write on a white board and then, now I can't see the bottom half. So, what are we talking about first?

Kathy: Stories. The girls, about the girls not believing. Stories, girls, not believing. That's what the note says. Corrine, what does it mean?

Corinne C.: Well this is what it means. We have 18 of our tribe members this weekend. Of all shapes, sizes, and ages.

Kathy: Ages, yes.



Corinne C.: From everywhere. I mean, people in Chicago, gosh where is everybody from? A lot of people ...

Kathy: Ah. There's somebody from Dallas.

Corinne C.: Oh yeah, Jamie's from Dallas.

Kathy: People from near Nashville.

Corinne C.: Yeah.

Kathy: Michigan, Elaine is there.

Corinne C.: Yeah.

Kathy: Cincinnati.

Corinne C.: And South Carolina. Marla

Kathy: Yeah.

Corinne C.: Marla is our tribe member who, she's been with me forever, and last year she wanted to do a triathlon. And let me just tell you about Marla. So, I have coached her forever. And she hated exercise. Hated it. Like, would tell me that it was too hard. She was always afraid she was going to get hurt. Like, she just had all these things that she thought about. I think at one point, this was way back in the day, she thought she was, you know, too big to do things and that kind of stuff. So last year she finally just decided to get over her bullshit. And just be like, "You know what, I'm in. I'm doing it. I'm going to figure it out. I'm going to learn how to do this." And Marla is a very analytical type. This is not like, she's not like a Corinne who just takes things and says, "Oh let's go." And just jumps in the deep end. You know, she has to think about these things.

She asked our tribe members, was anybody else interested? And I think last year they had nine or ten of them that did it. And then she put the call out again this year because she wanted to do this all-women's tribe. They all meet in Charleston, South Carolina, right?

Kathy: Correct.



Corinne C.: Yeah, and we have 18 of them this time. Now a couple of them are not in the tribe. They're just people that know tribe members and got you know brought along for the ride. But they just, they all are such a testament to the idea of, "I know I have weight. Like, that's our fact. I've got weight on my body. Everything else I decide to think, everything else I decide to feel about it, and everything else I decide to do about it is all on me. And I can choose to be an ass hat with it and take myself out of life, or I can choose to start going out there and doing things that I'm proud of, doing things that I love."

And I'm going to tell you, the best part of it is figuring out how to face fear and go do it anyway, figuring out how to be super uncomfortable and you do it anyway, and allowing yourself to feel those emotions. Because the reason why most of us are sitting around saying we're too fat to do stuff is because we will not feel those. The slightest bit of discomfort, the slightest bit of fear, whatever, we decide, "Nope. I need food. I need to feel better. So I'm just going to get it with my food." And you take yourself straight dope out of life. So these ladies ...

Kathy: ... And they're, let's just say this too: we have all shapes and sizes and fitness levels and ages represented at that triathlon.

Corinne C.: Oh, yeah.

Kathy: There's everybody from the fittest of the fit to first timers to, I mean, it's ...

Corinne C.: Oh, yeah.

Kathy: It's really a cool group.

Corinne C.: Yeah, and, I mean, I think they're ranging in the ages of mid 30s, I think is about our youngest girls there, all the way up to ...

Kathy: 62.

Corinne C.: We have, like, a couple of them in their 60s.

Kathy: Yep.



Corinne C.: Yeah, and they just, they hang out all weekend and they do things. I mean it's ... But here's the thing, how do you do that? I think that is like one of the things that you have to figure out for you. And that's what we want to, kind of, really use, like, some examples from our tribe members ourselves. How do you go from always telling yourself, "I'm too fat to do things" to suddenly just doing stuff? I remember, and let me just tell you about these ... I keep going back to these ladies, but they're so special to me.

Most of them, so a triathlon for those of you who don't know what it is, you swim and then you bike and then you run back to back to back. You have to figure out how to transition. Which means once you're done swimming, you've got to slap on some shorts and stuff so you can get on a bicycle. And then once you're done doing that, you've got to take off shoes and put on running shoes and change that and then go out and run some. How many of them haven't swam since they were a kid?

Kathy: Oh, gosh. I can't tell you exactly how many but there were stories coming out of people learning to swim just so they could do this event.

Corinne C.: Right. And, most of them had not been on a bike since they were kids.

Kathy: Right, right. They didn't own bikes, they rented bikes a lot of them.

Corinne C.: Yeah. Well I don't know if you saw today, Mary Jo who, she's beast mode, she's one of our coaches. She's hilarious, first of all. Did you see the bike she got?

Kathy: I did.

Corinne C.: She rented one, and they gave her a pizza delivery bike with a basket and a bell. And she's doing a triathlon with it. And she's like, "You know what? That's what I love about me."

Kathy: That's pretty funny. That's the perfect person to give that to.



Corinne C.: Yeah. You know, one of the things that I've watched them do that I think is important for all of you who are sitting around ... Because this was me. I was never an athlete, but in my mind, man I wanted to be. I still remember when I was kid I wanted to be one. When I was in my ... You know, when I first started losing weight I wanted to do that stuff but I had always told myself I couldn't because of my weight. And I finally just decided, like, you know? I'm just going to go out and learn how to do this and my weight is just going to have to come along for the ride. I was so tired of letting my weight dictate my life versus me just taking control of my life and letting myself become the best version of me. It was hard.

I still remember my first 5K. My girlfriend Laurie, she also listens to the podcast. She texted me the other day, she said, "Here I am sitting by the pool listening to you. It's like your just sitting next to me." I was like, "Okay." It's so weird. She and I signed up for a 5K. I have to give her a shout out because she and I have signed up for so many races over the years. She has always been a runner and I was very overweight and it took me 52 minutes to run my first 5K. Which is very slow for most people. I mean most 5K people run anywhere between 30 and 40 minutes. She was done in probably 30 and she waited for me at the finish line. And she never, like, and I know that you get to chose your thoughts, but she never said things that would make me feel like I was never a runner and I didn't deserve to be there. And it would have been easy but she didn't. So, if you're listening Laurie you made me cry. I told y'all I was having a shitty day, now mama's all emotional.

Kathy: That really was a generous gift for her to give you.

Corinne C.: I can't tell you how many, like, it was hard to start running. I mean, I had to get over so much shit in my head because I was always terrified of being last. I mean, how many of us have always been afraid that ... Or, we won't go to a race because, well, we're too fat, we'll probably be last, so I don't want to be that girl. We come up with so much stuff that just keeps us on the side line and I just finally quit believing it.

Kathy: Yeah.

Corinne C.: I was like, you know, I'm going to say this shit, I know this stuff is going to come into my head, and I know it's going to be terrible but at some point you just have to say, like, it all has to change. I can just do it. And that's, like, my big tip. When you want to do something, allow yourself to have the crappy thoughts but just say to yourself, "But I'm going to do it anyway. And I'm going to figure it out. And I'm just going to table that for now."

Kathy: Recognize it for what it is. It's an excuse.



- Corinne C.: It really is.
- Kathy: It's a barrier that you're throwing up because you don't want to get uncomfortable.
- Corinne C.: Right.
- Kathy: So, if you recognize it as an excuse it just takes a lot of the power out of it.
- Corinne C.: It really does. I mean, and going back to Laurie, I mean gah. I remember this one half marathon. It was over four hours before I finished. This was back in the day when nobody walked them. And I ran the whole time. Like, literally ran the whole time and it took me over four hours. When I got done, it was cold. The finish line had already been torn down. There was nothing left, like, the race organizers were just gone at that point. Because, back then, they didn't stay open past three hours. I finished and Laurie's sitting there. She's like, "I got your medal!" And she's cheering. And this was before smart phones. So she had like a hard cover book and had sat in her car the whole time to read so that somebody would be there when I finished. And we would always go get pancakes after.
- Kathy: I had a race one time, just a little side bar here, I had a race one time where it was a 15K. It was hotter than the fires of hell, in August, and I was not last but like second to last. And I was coming up on water tables that had been torn down so I had no water.
- Corinne C.: Oh my God.
- Kathy: They forgot that I was on the course. I was beaten by an 85 year old man that day.
- Corinne C.: Well, I'm going to say, one of my half marathons when I was, like back in the day, there was literally a dude with those walking sticks and he was going faster than me. He was in his 70s. I want to give it to that guy because he could hustle on it. It was those really long poles.
- Kathy: Yeah.



Corinne C.: I don't know what they're called, but he would be at like every half marathon. This was like, I don't know, 10 years ago maybe 11 years ago. This was like when I first really started doing some stuff and I still have a lot of weight to lose and stuff. He would be at every one of them and I still remember when I finally finished before that old man. Because he was at every race. I guess he was like a strider that just went to all of them. But he was fast, I mean. Of course, you have to give it to him, if you're like in your 80s and you're still doing 13 miles I don't care if you've got sticks or not ...

Kathy: Exactly.

Corinne C.: I mean, you know, I hope to still be doing that kind of crap when I'm in my 80s. I think one of the things that I just wanted to really emphasize is that when you guys are caught in the trap of "I'm too fat," I don't care what it is. If it is getting a massage, if it is playing outside with your kids ... I have clients that won't even go to an amusement park. They just won't do things. They start slowly taking themselves out of life and it's all because you're repeating some stupid thought in your head that is just not true. It's not worth believing.

But it's not easy to change over night, so that's why I just say, like, you know what? Sometimes you just have to say, "This is going to hurt, like, I am going to be scared. I am going to feel very uncomfortable. But it's time to start living some life. And I'm willing to feel any emotion to get my life back and start doing these things." Make a list, guys. Make a list of all of the things that you're denying yourself right now all because of your weight and start picking them off. You know, pick one a week and just say, like, you know, this week that excuse doesn't fly anymore for this. I'm going to do this.

I'm working with my mentor right now. She's doing dare of the day for the month of June. So, every day in June you have to do a bold dare and you have to write about it and all kinds of stuff. This is kind of like y'all's dare of the day. You know, just dare of the week. Figure out whatever it is that you're holding yourself back from and just start getting out there and doing it. I guarantee you, in the beginning it will feel like ass. Then all the sudden you'll start doing it and doing it and the next thing you know, you start building confidence and it's not as hard, it seems doable, it's not as terrible and your life just starts exploding. You start asking yourself, "Well if I can do that, I wonder what else I can do?"

Kathy: Let's talk about that dare of the day just a little bit more for a minute.

Corinne C.: Okay.



- Kathy: It doesn't have to be, "I'm going to run a half marathon today."
- Corinne C.: No.
- Kathy: Or, "I'm going to train for a half marathon." It can be as simple as, it's hot I'm wearing shorts today. Or ...
- Corinne C.: How long ...
- Kathy: I'm going to wear a tank top today.
- Corinne C.: We talked ... I don't know if this podcast will be out in time but we've talked about legs and how many hot ass summers did you walk in frickin black tights in the middle of Nashville on the 90 degree day all because you were like, "Oh, my legs."
- Kathy: Yeah. Seriously. I mean it can be something ... It doesn't have to be momentous to be uncomfortable. It can be something small, like, "I'm going to wear a tank top today instead of short sleeves. Somebody might seem my shoulders, but, it's hot."
- Corinne C.: Right. Well, and the other thing, I don't know if you guys can hear it but we have a cat on a book case back here crying his eyes out at us. But, I wanted to just say, like, we have a lot of girls that won't even walk in their neighborhood. Like, won't even go outside and walk in their neighborhood for fear of what some of their neighbors might think. I'm too fat to walk in my neighborhood. No you are not. You deserve to be out there enjoying your life. People will always think what they're going to think. And I love, well I don't love it, but I like how we always think, "Everybody's going to think I'm too fat." Because that's what I think. Versus, I wonder what else they could be thinking? Maybe they're sitting there thinking, "Man, it's awful hot out there. Good for her."
- I mean, you just never know what people are thinking and it doesn't matter. If you don't have a clue about what other people are thinking about you, guess what, don't give them a negative thought. You can give them a positive one just as easily as you can give them the negative. And when you start doing that, then that starts changing the way that you're thinking about you.
- Kathy: Yep, exactly. I coached a girl not too long ago because she wouldn't go to the gym because somebody might see her on the treadmill. Well, I mean. Yeah. And I was like, what do you think they'll think? "Oh my gosh. That girl's on a treadmill." You know?



Corinne C.: Right. If they think about you, first of all. I almost, I mean when I first ... Like that very first day when I went to the Y. I mean, that was racing through my head like a freight train. What are people ... That's why I stayed on the treadmills for so long. Because I was caught up in the ... I was so worried about what other people thought and it was going on but I did it anyway. But it felt terrible. I'm not going to lie. I was worried about what people were thinking about me, I was worried about my clothes, I was worried about how red I was, I was worried about how I was so out of shape. But at some point, you just have to decide, like, okay until I can decide to quit worrying and decide to start thinking different, I can't put my life on pause. You know, so many of us want to like ... I'm not going to live my life all because of how I'm thinking. How about you just start living your life and let your thoughts come along for the ride?

Kathy: If you want to create thoughts, you know, worries and stuff, how about create one like ... My husband and I do, you know, when you go to the gym for the first time on January first or January second, it's packed, right?

Corinne C.: Right.

Kathy: You know, you can walk in there and go, "Oh all these people" or you can go "You know, these people are starting a new life."

Corinne C.: Right.

Kathy: You know, I love seeing them here. So, if that overweight person on the treadmill is worried about what I'm thinking, they haven't got a clue because I am thrilled to see them in the gym and hope they come back the next day, too.

Corinne C.: I know. I know. I really love the idea of, you know, like I don't even think people really think about this. It's like, when they're worried about what other people think of them, if they're assigning negative it is because you have that internal negative thought of your own. You're assigning what you would think of you. But if you get to pick. Like if you want to ... If you're not ready to believe new stuff about you, then at the very minimum, when you are going to assign thoughts for somebody else to think of you. Just say, like, "Alright well I'm going to pick good ones."

Kathy: Yeah.

Corinne C.: I'm going to let them believe in me before I do.

Kathy: Yeah.



Corinne C.: You know, you don't have to give them some shit wad thoughts. So, anyway. Well anything else, missy?

Kathy: Gosh, um, you know, one more thing that they can think about is practicing there new thoughts. It might not feel real that very first day.

Corinne C.: It won't feel real for probably the first three months. I mean, I think that is probably a key concept. We talk about, "Practice thoughts, practice thoughts." If you're a PNP tribe member, you're probably like, "Oh my God are you going to talk about practicing thoughts again?" Like, yeah, we are ladies. I think the biggest misconception is, "Yeah but I've been practicing it for like three weeks. Why is it not sticking yet?" It's like, I don't know. Maybe for the last 30 years you've practiced something different. Be in it for the long haul.

I love the idea of, like, I am committed to practicing my new thoughts for eternity. Like, there's just no time line on it. I'm just in, and that's it. I'm not going assign judgment and I'm not going to assign a timeline or a deadline or expectation on it changing. I'm just going to do it and one day I know it will change. Just don't be in a rush for it to change. There's no reason to be in a rush. Just keep practicing it and eventually the tide will turn.

Kathy: That's right. Write it down. Read it over and over. Do whatever you have to do to remind yourself of where you want to go and what you do want to think.

Corinne C.: Yeah. Guys. I just want to conclude with just telling some amazing tribe members congratulations. This podcast is going to come out after the She-Tries girls. We had, Becca last week did the "Hood to Coast."

Kathy: Oh wow.

Corinne C.: Do you know what that is?

Kathy: Uh, I've heard her talk about it.



Corinne C.: It's kind of like Ragner. But you sleep in a van and over the course of like 24 hours your team runs ... You end up running 13 ... You end up running a half marathon through it, or something like that. I think she said, I ended up running 13 miles on about an hour and half sleep. You know, because she's riding around in a damn van with six other people to do this. Who else have we had stuff ... We've got some other girls getting ready to finish ... A lot of them are training for this triathlon with the group virtually, but they're all doing it in different places.

Kathy: Oh that's cool. That's cool.

Corinne C.: Yeah, so they're going to be doing over the next few weeks.

Kathy: There's so many neat stories in that triathlon group.

Corinne C.: There really is.

Kathy: We've had a couple of injuries that folks have overcome. You know, gallbladder surgeries and neck compressions.

Corinne C.: Oh my God, yeah. Jamie had gallbladder surgery like ten weeks ago. And she's still down there doing it.

Kathy: Rotator cuff problems, you know in swimming. You're right. They didn't throw those excuses and let them get in the way. They just went out there and did it.

Corinne C.: They were never too injured. They just kept talking to their docs, and their docs were like, "Yep, you can do it!" You know, the only person that's going to get in the way is you. So, congratulations to all of them. And, all my girls that are doing amazing things and just, you know, guys. I just want all of you to really start thinking about, if you're not ready to quit telling yourself the old story, get out there and live your life. It's there. It's waiting on you. Make that list of all the things that you are denying yourself right now and just start picking them apart one by one. Well that's it for today. We will be back and talk to you soon about more exciting topics to help you lose weight. See you later.

I hope you enjoyed today's show. I'd love to help you with your weight loss, too. Come on over to [pntribeshow.com](http://pntribeshow.com). That's P as in Paul, N as in now, and P as in Paul tribe show dot com. You'll find a free course that is sure to give you more tips and things you can do, starting today, to lose weight. I'm on a mission to make sure every woman has what they need to change their life just like me.