



Corinne Crabtre: Hello, everyone. Welcome back. We are going to talk today all about weekends and how we just don't always show up as our best selves. I think this is going to be a topic that's going to be really helpful to a lot of you, because this is a Friday podcast, and now you're going to be able to get a nice ass kicking right before you go in for the weekend, and you won't screw it up. Do not roll your eyes at me.

Kathy: I'm rolling my eyes. You know I am.

Corinne Crabtre: All right. How was your week?

Kathy: My week was good. It was busy, busy. I know, bad word. Okay. It was a very active week.

Corinne Crabtre: All right. Let me just say that if you are a member of P-N-P Pride, you know that Corinne has decided that we know longer use the word busy. We have a hashtag called #banbusy. Here we are, our first podcast after the #banbusy, and Kathy's like, "Oh. It's been busy."

Kathy: Yeah. #kathyfail. But you know? I try and load up my week in a very active manner, so that I have time on the weekends to do things that are important to me. This morning, for instance, my husband was doing an eight mile run, so I put my headphones in, and I walked six miles, and listened to an awesome personal development book, so yeah.

Corinne Crabtre: Well, there you go. Good. Well, my week was good, except there was one ... So, like everybody always thinks that life's going to go perfect, and because I've lost 100 pounds everything is always just I guess easy to exercise and stuff. On Monday my son woke up at 4:00 AM violently throwing up and did so most of the day. I took him to the Urgent Care, so there was no workout that day. Tuesday he had to stay home, so I had to get up at the butt crack of dawn to get it done, because I didn't know if he would be throwing up again.

Kathy: Oh, goodness.

Corinne Crabtre: Then the rest of the week it was like I could feel I was coming down with something, so it's been one of those weeks where you just had to decide how you wanted to show up, and I think that's for me it was just keep on moving. Don't sit around thinking about what's not going right. Just think about what am I going to do next.

Kathy: Thank goodness you had a plan for the week.



Corinne Crabtre: Oh. No shit.

Kathy: Yeah. You already had everything laid out, so there wasn't any questions about ...

Corinne Crabtre: Well, and that's the beauty of planning, and that's what we're going to talk about when it comes to weekends is that, you know, a lot of success is because you have a plan, and then when things go wrong at least you have a skeleton of letting you know there are the things that are important. This is the direction I want to go into. Whether or not you follow the plan exactly, that's like crap. That's not the important part. The important part is is that you keep looking at the plan and you keep retooling the plan. You don't get caught up in, "Oh, this is so wrong. This must mean I'm a failure," or whatever. Let's take it to the weekends.

In our tribe we have a Facebook Live every Friday with Corinne. I always put out to the girls, I say like, "Tell me any questions that you have. I'm going through the Live, and I'm answering them all." The girls, they get coaching and all this other stuff, but one of them in particular was talking about how she plans to have treats on the weekends, and then it all goes to hell on a hand cart, and by Monday or Tuesday she is still just binge eating, just going to town, like I just can't stop. She thinks that it's because she's decided to have a treat, and then she starts getting into this shit cycle of, "Well, not only have I screwed up, so I should find me a nice strict plan, because if I only had a really strict plan, then I could do so great, and I could lose all this weight," except for the fact that she hates strict plans and has never been successful on them, not for the long term.

I'm like sitting there, and I said, "So let me get this straight. You overeat on the weekends, and the very first thing that comes to mind is I need a strict plan that makes you start feeling panicky, and then when you feel panicky you start looking for things that you know you won't like. You overeat, because you're like, 'Well, I don't have the strict plan in place yet, so let me just keep on the eating train until I finally decide to start.' Then all that does is prove that you're on the look for something to do." What I found amazing in this was I was sitting there thinking about it, and I'm like there's a lot of not doing jack shit going on right here.

Kathy: That's right.



- Corinne Crabtre: I mean, really there's nothing going on, other than reinforcing the feelings of panic, terrible, ashamed, "This is probably not going to work." That thought's running around like, "I need a strict plan, but it's probably not going to work."
- Kathy: Indecision, confusion. She's got it all.
- Corinne Crabtre: Right. I was thinking about it, and I'm like, "Where are the small things? Are you doing the small thing?" Then another lady in the tribe chimed in and said, "No. I'm not doing the small things, because now I don't want to do small things. I want to do big things, because I want big results." I said, "So let me just get this straight. Everybody wants a strict plan, and we don't want to do the little things that work. We just want to do big, sweeping things in the hopes that we're going to lose weight really fast."
- Kathy: Yeah. Just change my life.
- Corinne Crabtre: Exactly.
- Kathy: That's it.
- Corinne Crabtre: Let me wave my magic wand. I was like, "Guys, this is the problem. This is the belief that somehow there's these magic answers out there. There's not magic answers out there. There are small things that you have to start doing to build up your foundation so you can lose weight. All this drama started with, "Well, I had planned my treat for the weekend, and it all went to hell," so here are some of the things that I know that most women are like, "Yes. This would be me." The weekend's coming. We weigh in on Friday. All my tribe members, they weigh in on Friday. "Well, I've done so good this week. I deserve a treat."
- Kathy: I deserve it.
- Corinne Crabtre: Yeah. Then by Monday they're like, "Fuck this. Now I got to work all week to burn off what I regained from this last week." "A little won't hurt," which if that is a thought that you have often, girls, I really want you to write that one down. It is the biggest, sneakiest booby trap of all of them. A little does hurt. It hurts a lot. It's like saying, "Well, let me just barely poke around in your eye with a real tiny needle." It's like it hurts. In the moment it doesn't feel like it, but it's long term, because it snowballs out of control. One of the other ... Go ahead.



Kathy: Let me just say, a little won't hurt is one of those sneaky thoughts that becomes very repetitive. You might say, "A little one won't hurt," today, and then you say it again tomorrow. Then you say it twice on Tuesday. Pretty soon it's a big will hurt.

Corinne Crabtre: Yeah. It's just derailing all the results. It's like saying, "Well, I'll just take a bite off this plate. It's date night. Let me just have one more drink. Well, my husband has some fries left over. I'll just eat three or four." I'll tell you what always comes after, "A little won't hurt." "It's not like I'm doing like I used to. I used to eat all the fries." We compare like, "Back when I was gaining weight this is what I used to do, so I'm just going to half ass do what I did to gain weight. So now I'm just going to gain a little, or I'm going to maintain." Here's the problem with it. You do work hard through the week. You do. To lose weight there's lots of changes that have to happen. Why in the hell are you going to reward hard work with throwing yourself backward, but that's what we think about. "A little won't hurt."

The other big excuse that a lot of people say about the weekends is like, "Well, the reason why I'm overeating on the weekends is because I can't control where we go. We're very social, and we do things all the time, and I don't know where we're going, so it's hard for me to even plan." I think that's another big doo-doo lie that we tell ourselves. Even if you are going out with your friends, we're going to cover it in a few minutes, but there are things you can do, but the first step in all of this is all of those sneaky things that we're saying, you have to admit that you're deciding to think about weekends in a way that are totally causing you to overeat. It is not the weekend. It is not the joy food. It is not your friends. It is not your husband. It's none of that stuff. It is how you are approaching it.

If you keep thinking, "A little bit won't hurt. Well, I'm not really in control of where we go. We're really social, so that's hard for me," if you keep reinforcing these lies, then you will keep getting the same results that you're getting. I want to really make sure you guys understand that, that if you can choose to say those things, you can choose to think other things about your weekends, ones that will actually get you to where you want to go, and I don't just mean what restaurant. I mean where you want to go with your weight. All right.



Here's some of the things that I think that ... I really wanted to give the causes. I did a Facebook Live this morning on this particular topic, and one of the things I was talking about is one of my working theories as to why women do end up having problems on the weekends is because you haven't really listened to the first few podcasts. You need to go back and listen to the podcast where we talk about this has to be a lifestyle. I don't know if you agree with me or not, but do you see the majority of our girls who tend to blow it on the weekends it's because they still have the mindset that what they do Monday through Thursday needs to be slightly miserable?

Kathy: Well, sure, because they're getting up, and they're hauling kids around, and they're going to work. There's not as much downtime during the week, so they're already slightly miserable in their minds.

Corinne Crabtre: Well, I mean ... Yeah.

Kathy: So then they turn around and think, "Well, I may as well not eat either. I may as well follow my plan and not have any fun food, because the weekends are what the fun is."

Corinne Crabtre: Right. That's kind of what I mean. Plus, I think a lot of people end up designing their diet around that whole idea is it's got to be really strict. There's a belief that in order to lose weight I can't enjoy myself. The only time I can enjoy myself is when I'm on the weekend.

Kathy: Yeah. Yeah. I see that. Sure.

Corinne Crabtre: We've answered probably thousands of questions around, "Well, how do I not get bored with my food?" It's like, "I don't know. Don't plan boring food."

Kathy: Or don't expect your food to entertain you.

Corinne Crabtre: Yeah. There's that, but I mean even I always watch girls who will say like they're not eating their food, because they don't like chicken and broccoli. I'm like, "Well, how the fuck did chicken and broccoli get on your menu to begin with then?"

Kathy: If you don't like it. Right?

Corinne Crabtre: Right? Now I'm going to just sit here and call a spade a spade. I'm like, "Why are you planning shit that ...?" It always comes back to, "When I'm losing weight I'm not supposed to be happy."



Kathy: Ah. Yeah.

Corinne Crabtre: Then the weekend comes, when mama ain't got to work, and there's a lot less stress, just like you were saying. "Well, if I'm going to be happy, then that certainly can't be in my food, so I need to be happy with good food."

Kathy: Yeah. "It's time to have fun, so let's have fun food too."

Corinne Crabtre: Yeah. I think that's part of it. I think that when mama's ... One thing you will see is you will see the desire to want to eat a bunch of shit all weekend long go down when you really start creating a week where you're like, "You know what? Maybe I need to plan for some healthy nachos in the middle of the week." So many of our girls are shocked, like when we post food, like when we do our pictures of food and stuff. They're like, "Y'all really eat that. I really just thought it was going to be all just, I don't know, cardboard, rice cakes."

Kathy: Lettuce.

Corinne Crabtre: Yeah. It's like, "No. It's pretty fucking tasty." You know? I mean, that's how I lost weight, and that's I kept it off, because I wasn't going to sit there and eat a bunch of shit all the time, but I think that's one of the big things is for women to really think about when you're planning your week if you want to have an impact on your weekend, make sure that you're learning how to put some enjoyment in your food through the week also. It doesn't need to only be like, well, it's either crappy or it's balls out enjoyment food. Then I think the other thing is that we get into the idea of we don't want to plan the weekend. We want to be spontaneous. We want to just go with the flow, you know, like, "Oh. I have to do so much during the week. On the weekends I just want to let my hair down and stuff."

I think what it does is that ends up causing you more pain in the long run than it gives you relief in the short term. What I mean by that is a lot of you spend Monday through Thursday pissed that you're having to work so hard, because you blew it the last weekend for all that spontaneity that you're having. If you want to be spontaneous and you don't want to have to follow a plan, do that with your sleep. Do it with your exercise on the weekends. You know? Try something new. I mean, there's a thousand ways to be spontaneous. It doesn't have to be a spontaneous orgasm in your mouth every weekend. It just doesn't. Do you agree? What do you do on the weekends?



Kathy: I plan the weekends. I always know what our plan is going to be for the weekends, like we went out to breakfast this morning. Lunch, if I get hungry, is going to be a piece of fruit or something, because I won't need much until dinner tonight, and we already have our dinner planned. We're going to go out, but I already know where it is and what I'm going to eat.

Corinne Crabtre: Now, and this is an important part, because I'm going to give you some tips on things that you can do for the weekend. A lot of you will tell us like, "I don't know where I'm going. I don't know where I'll be eating," and that is true for a lot of people. I mean, I will say this. Corinne Crabtree is kind of lame, so we go to one restaurant, and that's the only place we ever go to, but my husband and I like it, so I always know what I'm getting. I will say this though. You know that salad I love at Burger Republic?

Kathy: Yeah.

Corinne Crabtre: It's coming off the menu tomorrow.

Kathy: Mine came off the menu too. The one I love came off the menu.

Corinne Crabtre: Which one?

Kathy: The harvest salad. The harvest salad I think. Actually, it's still on the menu, but the pumpkinseed vinegarette is off the menu.

Corinne Crabtre: Is going away? Yeah.

Kathy: That's what made the salad. It was awesome.

Corinne Crabtre: Well, I was talking to them. This is part of it. I know the restaurant I love, and I'm in my groove. I know what I'm getting every time I go to Burger Republic. That would be the Burger Republic of Lenox Village, if they would like to sponsor this show. The bartender came over and he said, "You know, you're salad's going away." I was like, "Yes. I know." He said, "We're still going to have the ahi burger though." I was like, "I don't eat burgers." He said, "Get a salad, and have them cut the ahi burger up, and just put that on the salad. We could do that."

Kathy: You didn't think of that?



Corinne Crabtre: I was getting there. I needed like two more minutes to make the connection, because you know me. Here's my thing when it comes to ...

Kathy: Didn't we just do a podcast on modifying menus?

Corinne Crabtre: Yes, but this is the funny thing, because we do eat at the same place all the time. They're so used to us, and they know how I modify things like crazy. I have the staff now thinking about how they can make sure they meet my needs.

Kathy: Nice.

Corinne Crabtre: That's when you know, ladies, you have arrived. If you don't know what restaurants you're going to ... When I travel a lot of times I have no clue. I'll go and visit the girls, like the P-N-P girls all over the country, and they will take me places. Well, here. I never allow myself the thought that when I go into a restaurant that I can't control what I'm going to have. I don't care if we go to a straight, dope french fry, nacho joint and that's all they have on the menu. I always am in control of what I eat.

I was talking to somebody on the Live yesterday about this very thought, because she was talking about weekends, and that is where her downfall is. She's like, "But I go out all weekend with our friends, and they pick the restaurants. I can't control what's going to happen." I'm like, "There's your problem. You think you can't control what's going to happen. You absolutely can. You walk in. You sit down. You make an immediate decision. What am I going to pick that's going to make me feel good about my choice on Monday morning. That's it. That's all you need to know."

You could pick a side of fries and a burger. I mean, it could be full on. Let's just say the restaurant says, "No. We insist on bringing you the bun. You don't get a choice. You have to just get it the way we have it." Then you're still in control. They put that shit down in front of your face. You can decide how much you're going to eat of it. You get to decide anything you want, but when you sit there and you try to tell yourself, "I can't control things. This is all out of my control," then you have just killed all your progress, every ounce of it, and you'll start believing it. Most of you already do believe that. You've got to start practicing how to not believe that anymore. The way to do that is quit saying it. People ask me all the time, "How do you believe a new thought?" I'm just like, "I don't know. You could fucking quit telling yourself the old one."



Kathy: Good point.

Corinne Crabtre: When it comes in your head I swear to God if you'll just say, "That thought I refuse to think." It can pop in. It just doesn't have to pull a seat up at the table and cozy up to you. Just say, "I don't think that way anymore. What I do think is I am in control of what I eat and what I do, and now I'm going to figure out what is that going to be in this moment." That is all you need when you go out to eat. The other thing about weekends, one of the big tips I've been telling everybody here recently, is when your food comes out, like a lot of people will say ... I don't really have this problem, but they'll say they get caught up in what's going on at the table and overeat. I mean, do you ever have that happen? I mean, I don't, but I think it's because I'm such a talker. I'm usually doing the talking and not as much eating. I know that is a shock.

Kathy: Sorry. Yeah. That's a surprise. You know, that doesn't happen to me either, but I've learned to be present with my food. I've learned to pay attention.

Corinne Crabtre: Well, how'd you do that?

Kathy: Practice. You just have to ...

Corinne Crabtre: What things do you practice though?

Kathy: What things do I practice?

Corinne Crabtre: Yeah. Like when you first started getting present with your food what were you doing? I mean, I'm sure you had to think about.

Kathy: Well, yeah. Yeah. I don't know. I don't eat while I talk maybe. I listen. I put my fork down between bites, so that I'm not just shoveling in.

Corinne Crabtre: Right. One thing I was reading the other day was somebody was saying that in one of the ways to practice being really present with your food was to eat with your nondominant hand. I don't know that I would do this at a social situation, because I'm so right handed. If I ate with my left hand, people would think, "Oh my god. You have no table manners." I'd have food all over me.



Corinne Crabtre: Yeah. Exactly. If you will eat with your nondominant hand when you're having your regular meals, you have to slow down, and your body ... You know like when you're learning to run faster, one of the only ways to learn to run faster is just to run faster?

Kathy: Yeah.

Corinne Crabtre: You have to train your legs how to move faster. Well, if you want to learn how to eat slower, you have to actually eat slower. It has to be a conscious effort. If you do it with your nondominant hand long enough, that becomes your natural pace.

Kathy: Huh. That's interesting.

Corinne Crabtre: I know. I just happened to read it the other day, but I tell people all the time one of the ways to stay present when you go out to eat, and if you tend to get caught up listening to the stories and all this other shit, is when your plate is set down don't start eating immediately. Give yourself a hot second to say, "This is how much I'm going to eat. Then I'm going to stop eating for five minutes, and I'm going to listen to the table conversation." At the end of that five minutes ... and you can either look at your watch, or you can just do a guesstimate. It's not like you got to make a big to do and let everybody know what you're doing.

Then you just consciously decided, "Do I want more food or not?" If you don't, great. You're done. Put the napkin on the plate. If you do, great. You have actually allowed yourself to not just automatically eat because you're caught up in the stories and stuff. You've now allowed your brain to say, "Yeah. We want some more," or, "No. We don't." It's such a game changer for people. I've been having girls do that, and that really helps just with the idea of taking pauses that are structured and getting themselves into the whole experience of when they go out.

The other thing, I'm going to let you talk about this one, because we have a client named Marie, and she's been using this technique for a long time. I honestly didn't know she was doing it, and I was like, "Well, that's freaking genius."

Kathy: Yeah. It's pretty smart. Marie figured out that if she did one plan for the week, that it made her really uneasy, because she just didn't know on Sunday what the next weekend was going to bring in her life, so what she decided to do was on Sunday she creates a plan through Thursday. Then by Thursday she knows what her weekend looks like, and she creates a plan for Friday, Saturday, and Sunday. That really works for her, and she feels more in control, because she knows what's going to be happening on a shorter term basis.



Corinne Crabtre: I think it's so smart, because it's that idea of the decisions ahead of time, and then she can make them closer to when ... I know a lot of our girls, they do try to make their entire weekly plan, and I'm bad to do this too. One of the things I've been examining for myself is I kind of would like to start making more of a detailed plan for the weekend, but my excuse was, "I don't know which days we're going to want to do things." I'm really good up until about Friday, and then the rest of the weekend ... I will say I'm in such a good habit or I know how to eat and what not and my restaurants, I go to the same place, and all that kind of stuff, but I would like to dial it in even more. I just enjoy executing a plan. I don't know. There's just something that is gratifying.

Kathy: Yeah. You feel like you've done something. You've had a success if you've executed your plan. Sure.

Corinne Crabtre: Yes. I think for a lot of you guys deciding to say, "Okay. I'm going to make a plan ..." You can do it Thursday night. You could do it Friday morning, whenever you want to do it, right before your weekend to say, "You know what? I'm going to plan out my food this weekend, where I'm going, whether or not I know exactly what I'm going to eat. I can do that, or it can be irrelevant." I can plan all the strategic things I'm going to do. I can plan how I want to feel while I'm there. I can plan what I want to feel like on Monday morning. I can really start thinking about all the things about a weekend to be like, "You know what? If I did these things this weekend, I would feel so good on Monday."

Here's the deal though. When you're thinking about how you want to feel on Monday it's easy for us to want to feel like we just ... Don't go into feeling like it needs to be all strict. Plan in the beginning realistically. The feeling of accomplishment comes because you accomplish the plan, so make the first few ... If you're used to [donking 00:25:20] the weekends off, make your plan very realistic to where like, "Okay. It's a little bit of a stretch, but I can do this. This will work." Eventually what happens is you're able to tighten it up, tighten it up, and tighten it up, because you're accomplishing it, but what happens is you never get to where you can type it up, because all you do each weekend is you practice blowing it.



Then you get into the habit of blowing it, and it becomes real easy. I'm going to tell you guys. It's like we're drunk on Friday. We forget how miserable we were on Monday. All we're thinking about is the good time to be had, not the price we're going to pay on Monday. Think about how you would love to end the weekend ... Because a lot of times for me on Mondays this is how I want to feel. I want to feel like I was in control, but I also want to feel like I was connected and that I lived a little. I didn't lose weight to just be sitting around all the time wringing my hands. I lost my weight so I could have my life back. Having my life back has a little bit of joy and has a little bit of control in it. I mean, they're like a beautiful, little dance together.

Kathy: For me I like what you've said. I want to add proud. I want to look back and be proud of the way I executed my weekend. You know, that I followed my plan, that I made good decisions, that I didn't overeat. I want to feel really good. I want to look back and feel really proud about what I did.

Corinne Crabtre: I tell you what too. When you think about it it also is important, because you just at some point get so fed up starting every Monday feeling let down and feeling like, "Uh. I'm starting off behind the 8 ball once again." It's no wonder that by Friday we want a break, because we start the week ready to just whip our own ass all week long. It's like you do need a break. At some point you have to break the cycle. Rather than trying to break your cycles on Mondays, break them where they start. Break them on Friday.

Just to wrap this one up, guys, if I was going to challenge you with anything, it would be for you to think today about how do you want to wake up feeling on Monday morning? Is it proud, ready for the week, motivated, excited? Then backtrack like, "If I want to feel those things on Monday morning, what things do I need to do this weekend? Is it, you know what, when I go out to eat with my friends I don't know where we're going, and I'm going to let myself order what I want, but I'm not leaving stuffed this weekend. That's the one thing I know I won't do." Whatever it is for you, commit to it. Make a plan. Do it, and execute. You got anything else you want to add before we ...?

Kathy: No. It's good stuff. I love the way you ended it, looking at that Monday, girl.

Corinne Crabtre: That's right.

Kathy: It's awesome.



Corinne Crabtre: Monday Girl. She's wearing those Wonder Woman panties that everyone was posting on the website.

Kathy: That's right. That's right.

Corinne Crabtre: All right, y'all. Y'all have a good week, and we will see you next time.