



Corinne : Hey everybody, it's Corinne and we are going to talk today all about diet mistakes. This is a pretty great topic for people who are trying to lose weight. I think there's not a single woman in the world who has been on a diet, who didn't quit all because of the day that they either ate off plan or something went poo poo city. I'm here with Kathy. We are going to, basically just going to give you our opinions on diet mistakes. Teach you, what is the problem? What is it that women do when they make a mistake and how that jacks them up for losing weight? We're going to talk about all the things that we commonly make mistakes in and why it's so bad for you. You have to be able to make diet mistakes. I'm just going to give you a big tip and then the last thing we're going to do is talk to you about how do you fix it because if I haven't gotten good at anything over the years, it's teaching this topic because when work with women who lose weight, they make a lot of mistakes.

Kathy : Everybody makes mistakes.

Corinne : Exactly.

Kathy : Everybody.

Corinne : Alright, so let's talk about what a diet mistake commonly is. Any time that you over eat, let's say you make a plan and you end up in the drive-through on Wednesday night. We are recording this Podcast on a Friday and guess what, it's the weekend, which is usually riddled with diet mistakes. We try to coach our girls all the time about weekends. You sleep in because you don't want to go to the gym. Drink a little extra wine when you go to the party because it just turned into a good time.

Kathy : Or a lot of extra wine, maybe.

Corinne : Whatever. She knows my common diet mistake.

Kathy : The napping point.

Corinne : Those are all the things that we typically do, but let me tell you what the problem is. The very first thing in my mind that pops up is that when it comes to diet mistakes, the majority of you don't want to make them. You want to just be like, "Oh, I started a diet. This is the plan. I'm all in. Let's go." You won't even get it in your mind that it's a part of process, so the first time you make a diet mistake, you quit or you spend an exorbitant amount of time beating the shit out of yourself over it that you end up eating more. Let's say you have an overeat and then you talked just terribly to yourself, then the next thing you know, you're eating more food because, well you feel a lot of shame and it just spirals out of control.



The very first problem that I see, is most people don't want mistakes to be a part of the process, so if you don't want mistakes to be a part of the process, you've already decided you're not going to lose weight. It has to be a part of the process. I remember when I was losing weight, it was not perfect, by any means. When you were losing your 80 pounds, do you remember any kind of epic fail or anything that you would-

Kathy : Yeah, yeah. Who doesn't go to the burger joint, eat french fries and go, "Well, I ate french fries, so I may as well have a hot fudge sundae too."

Corinne : Right.

Kathy : You know?

Corinne : I think my biggest epic fails were always around holidays. I would have good intentions and I wouldn't really think about it, but I would go and it would just be like, oh. All my excuses would come up about why I could eat and stuff and then I would spend a little bit of time thinking, oh shit, am I going back to the way I was?

Kathy : Yeah.

Corinne : One of the things that kept me from not going back to the way I was, was really understanding this is how I get better. This is obviously a flaw in plan, so I need to figure out how to make this situation not turn out that way next time.

Kathy : Right. It's so easy to just give up.

Corinne : Yeah.

Kathy : Just stop. I've made a mistake. Well, I suck.

Corinne : Exactly.

Kathy : You know?



Corinne : Right. It has to be a part of the process, so that's one of things and then the next part of it is you beat yourself up for it. That's the biggest problem with diet mistakes. It's not that you make one, it's the thoughts behind it. It's like, okay, so I overate, I must be out of control. This must mean I'm not going to be able to lose weight. This must mean that I can never be fixed and so, then you feel terrible about it and then you start really going down the shame cycle over it, but they have to happen. In my mind, if a diet mistake is the key to your success versus the problem with you and you really own the idea that this is key to my success, it gives you a lot more leverage in the game.

Kathy : Absolutely.

Corinne : One of the things that I want to teach you is basically, how are you supposed to start thinking about this? I don't think there's anybody out there that can't just list about a thousand ways that they've gone down the toilet in the history of diets. The first part is going to be really accepting that this is a part of the process. For a lot of people this tends to be ... This is where Kathy and I are completely different. I am a fucking mess maker. I mean, am I not?

Kathy : Yes you are.

Corinne : Let's just try shit, see what happens and figure it out on the way to the goal. If you think about somebody like me and I don't care what it is in life, I just decide there's no time for sitting around and worrying. I'm, all about, I don't know, we'll try this and we'll see what happens. If it's not perfect, I guess we'll figure out what's supposed to happen, but if you think about me ... She's rolling her eyes. I want everyone to-

Kathy : Just picture it.

Corinne : You don't see it. Yes. She's rolling her eyes and all the sighing over there because she's like, "You're such a douche turd." I'm on my way to success. I may not be getting there fast because I gotta take some detours, but my ass is pointed in the right ass direction. Kathy, why don't you tell them about your process?

Kathy : I just make sure everything's lined up properly so that I don't have to do it 400 times to get it right the first time. Nothing wrong with that. Now, it might take me a little bit longer than you, but nothing wrong with that, everybody's different.

Corinne : But, what about your personal expectations?



Kathy : I'm not okay with B minus work. I want my work to be good work. Good, excellent, perfect work.

Corinne : Alright, first of all, B minus people do a lot of great things and they get college degrees. I'll just say that.

Kathy : That was me and that's okay, but I had to work really hard. I had to line things up just right to get that B minus work in now.

Corinne : The part of the process though that's very different between somebody who's like, "I know mistakes are coming and I'm good with it," versus someone who sits ... I'm not saying that Kathy's like this all the time, she was not like this in her weight lose, but she has more of a tendency to be like, "I want to get it right and so I'm going to keep stopping until it's right," and there's a lot of bumps in the road that way, but I think that people tend to be harder on themselves when they think, I've got to have the plan first and then I can believe I'll get there and then I'm going to execute the plan, but you set yourself up for a lot of hurt because getting the plan first doesn't mean that's going to get you there. That just gets you pointed in the right direction.

The plan is always supposed to be a mess. It is never supposed to be, well this was supposed to work perfectly. You gave me this food plan and you said to do these exercises, why am I not losing weight like the Biggest Loser? That's what I see people do when it comes to the difference between someone who sees diet mistakes as, this is terrible, something's gone wrong and it must mean something's wrong with me versus someone who makes mistakes and says, "There must be something wrong with the process, I just need to fix that."

Kathy : Yeah, people like me, who like to see the plan and like to see things laid out in front of them, do tend to hit that wall that you're talking about, but that's also part of the process if you think about it.

Corinne : Right.

Kathy : That's part of people like me gaining that flexibility to realize it's okay to make a mistake.

Corinne : Right and I think that comes like a really good point. Kathy and I were talking as we were brain storming what all we wanted to cover, she said that very often ... This is all going to have to start with the idea of, whether or not you need the plan first or you're going to make the plan up as you go, it all has to come back from the idea of, this plan is malleable.



Kathy : Yeah.

Corinne : This plan is not supposed to work all the time. She said, "You will never know your personal boundaries about the things that you need to do like, do you need to keep the chips in your house? When you go out to eat, do you need to think ahead about what you're going to order."

Me, I can go to any restaurant now, I don't have to think ahead. I already know that I'm going to eat to me two, which means I'm going to eat til I'm satisfied. I know the foods that I typically would eat and it's very seamless, versus I'm the kind of person that if I don't have a plan, I'm likely to just go with whatever everybody else is doing.

Kathy : That's right.

Corinne : When you know that and you start seeing the mistakes are really my guideposts to show me, okay, I need to tweak things. I need to think about this differently the next, that's a process orientated decision that doesn't feel terrible.

Kathy : Right.

Corinne : When it's, I blew it, I'll never get this, it means I made a mistake, that must mean I'm broken. I think that is so key to diet mistakes, being about to parcel out the difference between me being broken and the process being broken.

Kathy : Yeah and I think I would even take it one step further. You analyze your process and you figure out where your guideposts are and as you do that, you gain confidence in your ability to make decisions on the spur of the moment.

Corinne : Yes.

Kathy : Or when you hit that restaurant, like you can go anywhere you want now and I can too, but I was really a menu scourer before I gained that confidence.

Corinne : Here's the reason why I became the kind of person that had to think ahead, it's because several times I went out to eat and noticed that I was eating like my old self and it's like, well, hey wait a minute, I'd like to lose some weight. If I want to lose weight, I probably can't eat like my old self because my old self was just getting up to 250, but it took blowing it out a few times, be like, okay, I need a few tweaks.



Same thing, I travel all the time, it took several trips to Vegas eating my way through Vegas to really understand, when I go to Vegas, it's not about the food. I know the foods I want to have when I go. Every other meal after that, to me is called no-brainer. This is not orgasm time. This is just breakfast.

Kathy : Right.

Corinne : I don't need pancakes at a random restaurant when I know Diablo's next to the Monte Carlo has the best nachos on the strip.

Kathy : Oh, wow.

Corinne : Just for any of my Vegas people, just want to let you know that. The first thing is, accepting that the diet mistakes, they are going to happen no matter what, so you decide right now, are you committed to making it about the process or are you committed to making it about you? One way is going to help you get there and one way is just going to stall you out and end up making you quit.

The other thing is, you can't learn or grow without them. They are absolutely going to help you figure out the person you want to be. The way you want to eat. The way you want to exercise. All the things that are involved in losing weight, your mistakes are going to show you exactly the areas that you need to get better at. The areas you need to plan a little more. The areas where maybe where you restrict too much. All of those things, but that's part of it and then I think the very last thing that I really want to make sure that I cover in this episode is the thought process behind diet mistakes of, this is where I get better. It's not where you've blown it.

Kathy : Right.

Corinne : I just think that is so empowering and that comes from one of our other coaches. It's Coach Jane. She always talks about, this is where I get stronger. It started off with workouts. She noticed one day that when she was doing a workout, she wanted to quit. She was like, "Oh, this is hard. I didn't sign up for this shit." She heard this little voice that went off in her head that said, "But, this is where you get stronger, unless you're trying hard, you don't get stronger," so she was like, okay, and she finished her workout. Then it dawned on her one day when she was having an overeat situation and she said, "Oh my God, why do I not apply that when it comes to overeating? This is where I get stronger."

Kathy : That's great.



Corinne : I think that's what I would want to close on. Is there anything you want to add? Any of your sage advice you want to add?

Kathy : No, I'm just along here.

Corinne : One of things that we're going to cover in an upcoming episode, first is going to be, where do you find all these diet mistakes? That's going to be in your journal and then the next thing we're going to cover is going to be all about practicing quitting or practicing committing and how do you put that in and how quitting does become a habit. All of these really tie together, so be looking forward to those episodes and really figuring out ... I think the basic though, is before you can practice showing up, before your food journals look great and everything, the very first thing that has to get cleared out of the deck is that, I'm all about making some mistakes. Embrace some things because they are coming.

Alright, we will talk to you next week. I hope you have a wonderful one and I hope you enjoyed our episode on diet mistakes. Talk to you soon.

I hope you enjoyed today's show. I'd love to help you with your weight lose too. Come on over to pnptribeshow.com. That's P, as in Paul. N, as in now and P, as in Paul, tribeshow.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 the need to change their life, just like me.