



# WEIGHT LOSS FOR BUSY PHYSICIANS

— with Katrina Ubell, MD —

[00:00:08] Welcome to the Weight Loss for Busy Physicians podcast. I'm your host, master Certified life and weight loss coach, Katrina Ubell, M.D. This is the podcast where busy doctors like you come to learn how to lose weight for the last time by harnessing the power of your mind. If you're looking to overcome your stress, eating and exhaustion and move into freedom around food, you're in the right place. Well, hello there, my friend. Welcome to today's episode. I'm really, really glad that you're joining me today.

Now, first of all, I'm really glad that you're joining me because this means that you're not so much a member of the grammar police that you're unwilling to listen to an episode if the title is not proper grammar. So actually chose the topic or the title of this episode, [00:01:00] meaning yourself where you're at on purpose, even though yes or no is not grammatically correct. So there are probably people who are like, Nope, not even going to listen to it. I can't stand that. But you are here today and I'm really glad you are. The reason I chose this title and phrased it the way I did is because this is how people talk. So maybe you don't like that. People say it like this, but they do, right? We don't say, Meet yourself where you are. We say meet yourself where you're at. It's just a colloquialism. It's how we talk. So I want to talk to you about meeting yourself where you're at.

[00:01:35] This is something that I'm going through right now. I'm going to tell you a little bit more about that. And it's something that we talk a lot about. We surely talk about it in the weight loss or doctor's only coaching program that I lead, but I don't know that everybody really understands what exactly that means or how to actually meet yourself where you're at. Like, what do you actually have to do? So I have four steps, which

[00:02:00] is basically four questions that I want to encourage you to ask yourself and really understand the answers to. So, you know, if you're a person who likes to write stuff down, that would be a great thing to do.

Take a little opportunity to journal on some of these things. But let's be real. Some of us, we're not going to do that. So you can also just be thinking about this like let this kind of, you know, plant a seed in your mind And as you're going about your day or the following coming up days, just consider these things like noodle on it a little bit, let it marinate and figure out what the answers are for yourself so you can figure out how to move forward. So. Let me tell you where this is coming up for me. So exercise. If you've been listening to the podcast for a while, then you probably already know this.

[00:02:44] But if you're new or relatively new, I've had sort of a I don't know how to put it except that just sort of a little bit of a complicated kind of relationship with my body since childhood in terms of chronic pain. And [00:03:00] I have a whole episode about that and how I work to overcome that. And that's amazing. So if you're interested, you can definitely listen to that. But I just want to kind of preface it as saying that I'm not the kind of person who just can exercise a ton and her body feels amazing. I'm someone who has to be a lot more thoughtful.

I definitely have had some, you know, a few injuries over the years, but then also just kind of some more lingering types of things. How much of them are more emotionally based or, you know, psychosomatic or more brain mediated versus it's actually like physiologic, you know, I'm not 100% always sure, But regardless, pain is pain. And we feel it in our bodies in the same way. And I prefer to feel less pain if at all possible. So I over the years have done several different things, sometimes at my own body's expense. I ran a lot in medical school. [00:04:00] It was kind of a bucket list goal. I ran a marathon for charity, actually raised a whole bunch of money and then ran this marathon at the time, you know, was like in my early 20s.

[00:04:08] I was like, Oh, that would be such a fun thing. Like to do some time in my life. I think the most I'd ever run was like three miles, and my first long run was six miles. So it started off pretty intense and I was in a lot of pain actually, for the entire four months that I trained. I had severe shin splints. My knees were a mess. It was just not good. But I pushed through because I didn't understand about listening to your body back then.

And so that's just kind of one example of where I did not meet myself, where I was at, and instead just try to push through. And it actually was not a beneficial thing for me at all.

So as I've gotten older, I'm now in my late 40s and, you know, just having done so much of this work, I started seven years ago with coaching and I started, you know, applying these tools to myself even earlier than that. [00:05:00] And I think it's just also maturity. Just as you age, I'm much less interested in the physical appearance of my body, like the shape, the size, like things like that, than I am in how I feel inside my body, Right? This meat suit that I live in. Like, how does it feel to be me in my body? I think, you know, that is much more impactful on my day to day life than what size my clothes are.

[00:05:30] I mean, it's helpful if my clothes are the proper size for my body because that's more comfortable. But it's not like the number means really very much to me anymore. And I think some of that, like I said, is just maturity and just recognizing what's important and also some, you know, personal growth and work on myself. But what I've kind of realized, I think it's sort of I hit that mid-forties point and now into my late 40s, I started realizing so many decades of my life were spent worrying about weight from a desire to be thin because of all the things [00:06:00] that I thought would happen if I were thinner.

Right like that. I would like myself more, that other people would like me more, that I'd be more attractive, that I would just be honestly, like just more of a worthy human being, you know? I mean, the messaging continues now, but when I was growing up, you know, super intense on a lot of that stuff, that was just, you know, it was just hard. If somebody was able to avoid that, I really commend them because it was really intense at those times. So I've done a lot of undoing, a lot of work to unravel that, and I help my clients as well to do that. And what I've really kind of come to realize is, hey, you know what? Health fitness is actually way more important to me right now.

[00:06:47] Like, I want to be able to be strong and limber because that helps me to not feel pain in my body. Like when I exercise regularly, my body feels better, my mood is better. Like this is undeniable. [00:07:00] Like for so long I've been like, I know, but maybe I'm wrong. No, I'm not wrong. It is just the straight up truth. I remember thinking

years ago. Oh man, I wish I was one of those people who just, you know, had to work out otherwise.

She was grumpy. And what I didn't realize was actually probably was I think we all are like the benefit from a mental health perspective that exercise gives us is undeniable. Very, very well established. So I'm just much more interested. So much of this whole like big longevity push that's going on right now, but just much more interested in feeling good in my body. And trying to prevent preventable things. For instance, hopefully my husband doesn't mind me sharing this, but so he recently got his cholesterol tested and it had risen. And so it was kind of like it felt like a little bit of a pivotal point. It's kind of like, okay, if you're going to go on a statin, you're probably never going to come off for your whole life. So if you need it, cool, Totally.

[00:07:58] But also before [00:08:00] you resign yourself to that, do you want to maybe try some other things first? You know, see what you can do on your own. And if that doesn't do what we need done, then okay, great. Then you totally go on the medication. No problem. So it's kind of I feel like there's just this point in your life where maybe things shift a little bit and I'm in that space right now, so that's how I'm thinking about things anyway. Like I'm really just not very interested in, you know, what size I am or any of that.

It's just not very interesting to me at all right now. But it is much more interesting to me that, you know, my back isn't hurting right? And that, you know, my joints aren't tight and stuff. So I had been doing for a while some heavy lifting as exercise. I would go to this gym and I'd do some heavy lifting. Actually don't know that that was the best thing for me because I really did have a lot of muscular pain a lot of the time and didn't really enjoy that. But regardless, that's what I was doing then. I've shared this story before, a long time ago on the podcast, but then my husband and [00:09:00] I were in the Minneapolis airport. Our flight was late and we were afraid we were going to miss our flight, our connecting flight.

[00:09:07] And I said to him, Are you ready to run? And he was like, Yeah. So I just had my little roller bag with me and we started running. And I pretty quickly noticed like how on fire my lungs felt. And I was kind of like, you know, I do actually work out and I do a little bit of like high intensity, you know, cardio, but not a ton. Like, I do not feel like I

should be this winded doing, you know, cardio. We did end up missing the plane, but it was kind of an eye opener for me.

Like, hey, you need to actually get some more cardio in your life too. I think you've kind of been missing out on that. So I started going to this is pre-COVID. I started going to Orangetheory Fitness and I thought, Well, I'll just kind of try it out and see. And it like really grew on me over time. And I ended up going really regularly for about a year. And towards the end of that year I was going like most [00:10:00] days I was really, really, really enjoying it. I just really enjoyed the music. I like the variety. And I had started off thinking like, I don't think I'm ever going to run again. Like my shins, my knees. It's just not good. And so I was what they call a power walker and I was totally fine with that.

[00:10:15] Felt amazing. Felt like I got a good workout. But as I kept going and got more fit, I found at a certain point that the power walking, even with like tons of incline and stuff, like it just couldn't give me the actual cardio workout that I wanted to have. And so I thought, you know, maybe I'd like to kind of test out some jogging a little bit, like a little bit of running. And right at that point, one of the instructors actually came to me and was like, Hey, what do you think about trying some running? And I was like, you know, I've been thinking about that.

So I got some good shoes and started doing a little running on the treadmills at Orange Theory. And if you've ever been well, if you've never been, then the amount of cardio you end up doing is about 20 minutes, like maybe 25. Like it's not a lot, you know? But like, enough, [00:11:00] the whole class is an hour and you're doing strength and, and, you know, and some cardio too. But they also have rowing machines. So. So you're not really like running a ton. And so I started doing some of that running and my knees were barking at me a little bit, but kind of worked it out. And I was really enjoying like being able to be a runner again, something I had not thought was ever going to be possible.

[00:11:19] So I was doing really great feeling, really good, really feeling like I was feeling good in my body and making progress. And then guess what happened? Everything got shut down for Covid. So I remember I think I went to their last class before they shut down. Actually, because remember, I went in the morning and they were like, oh, we're going to stay open or something. And then my husband was booked in to go later that

day and his class was canceled. So it was like, okay. So I tried to do some stuff on my own.

It was not the same like nearly, and it wasn't like I was totally sedentary, but I was not doing what I was doing. And so gradually I could [00:12:00] tell that I was losing some of that fitness. Then in the fall, they opened back up again. But our school had the kids back in session and like in person and had asked like, Hey, would you, you know, for the safety and health of, you know, our teachers and staff as well as the students, we're asking families to not travel, to not go to gyms, to like, you know, those types of things. And so I was like, oh, it's kind of looking forward to get back, getting back. But yeah, it makes sense. Like I probably shouldn't do that. So that's when I decided to get a peloton.

[00:12:29] I was like, You know what? Then fine, I'll get a peloton, which was kind of like, I never thought I'd really like, but I was like, I'll just get one. They need something. So got the peloton bike and really started enjoying it and really started getting into that and doing what's called power zone training, which means that you essentially take kind of like a fitness test and it based on your, you know, output and stuff, it gives you kind of like a guideline for basically they call them your zones. It [00:13:00] gives you those guidelines for different classes so that way you can be in the same class with someone who's like way more fit than you or maybe even way less fit than you.

And everybody can be getting a really good workout because you're following your own personal zones versus them just, you know, giving recommendations like kind of blanketly. So I got into that and I was really enjoying that. And so that was all fine and good. And then I thought, you know, I think I'd like to try getting back into running again. So I got a treadmill and was, you know, starting to get back going with that and practicing like running some more. And things were going pretty well. I was having a little problems with my shins, like some shin splints again, but it was going pretty well. And then I got Covid and I couldn't breathe.

[00:13:44] And then that really, really slowed me down for a while. I had a prolonged cough. After having that for mean a couple months, like it was a definite couple months and it just felt like the right thing to do to just like totally slow down, let [00:14:00] my body heal and not push things. And I don't regret that at all. So then I feel better from

that and I'm like, okay, I want to get back into, you know, the running thing again. And I was noticing that I was needing some help with my pelvic floor health.

We'll just leave it at that. So I'm like, okay, let me go work with a pelvic floor physical therapist, which was a great investment. I highly recommend it. So I was doing that and kind of more focusing on those things and not really exercising as much. I mean, in hindsight I could have been using the peloton bike more, but I didn't. And then I was like, okay, I'm ready to get back into running, start running, and right away my shins are a total problem. And I'm like, okay, this also needs to be handled. This was like last fall, I think. So Then I signed up with a physical therapist for that kind of stuff, helping me with that. And so that's been really helpful as well. And then it kind of dawned on me, Hey, you know what like mean? And I have been like walking outside.

[00:14:56] I walk my dog like it's not like I'm sedentary, but it's like, maybe [00:15:00] I should do an FTP test again, like I should get back on the peloton bike. So I did this FTP test and my results were I'm going to use the word worse. Then the very first time I took that test two and a half years ago and that was an eye opener. It was a bit humbling, like, okay, we've lost some of this like, okay, all right, here's where we're at. So I was working with the physical therapist and also, honestly, in a stage of life that was just very, very busy with work, with personal home life stuff, just really feeling like there just was an extra time for that.

And, you know, we go through seasons like that in our lives or it just wasn't possible. And so now the weather is improving here, has improved and it's warmer and the days are longer and stuff. And I made a concerted effort to work in some more exercise again. And [00:16:00] even today, I'm like, you know, I should do some more strength stuff. And so I did just literally a 15 minute strength class modified it like crazy. And I still my legs feel like total jello. Like, like, wow. I just can remember what I was able to do when I went to Orangetheory regularly. I am very far from that right now.

[00:16:22] Okay, so here's the thing with this. I have to meet myself where I'm at. This happens all the time with weight loss as well. Right. We get some progress. We make some progress. We lose some weight. Maybe we're even doing well for a while. And if we gain some back or just our relationship with food starts to suffer. And I hear this all

the time in my programs, like we start thinking, oh my gosh, like, I can't have this. It's not possible for me. I screwed this up.

I see this all the time with clients, people getting mad at themselves, like really being unkind to themselves sometimes even I mean, dare I say, kind of wallowing, [00:17:00] you know, feeling a lot of pity for themselves. Like, it's so sad that, you know, now I'm back in this place again and why couldn't I just kept it all up? And, you know, my response is there were some really good reasons why you didn't. If you let yourself look at them. Like, for me, I'm like, Yeah, I was in a season of life where I couldn't devote as much time, effort or energy like I needed to focus more on my sleep. That was more important for keeping me, well, like don't have to beat myself up over that, you know, We can really just focus on what's important to us at the time.

[00:17:32] Like at the time, that was what I needed. Now I'd like to focus on something else. So meeting yourself where you're at means like dropping the shame. Don't beat yourself up. Don't start creating stories in your mind that are not very nice, that put you in this villain position where you are, you know, somehow a bad person because you're where you're at [00:18:00] in anything. And I just want to say this isn't even just exercise and weight loss. Like we see this all the time with financial situations for people like depending on your debt situation or depending on your savings or lack thereof, there's a lot that goes on with this too.

And same with relationships. You know, like even with your work, you could just be like, you know what? Like I am really not enjoying being a doctor these days. Okay, let's meet ourselves where we are at. Okay? Okay. We can tell the truth. That doesn't mean we have to, you know, tell ourselves this other very scary story on top of it, or add meaning to it that isn't necessary or even helpful. Right. And oftentimes. And I know because I do this too. We all do this. These stories that we tell have an element of fiction to them, too. It's kind of like some of those think Shonda Rhimes has done some of those Netflix series where it's like, This story is true except for the parts that aren't.

[00:19:00] I'm [00:19:00] like, Yep, pretty much. That's our brains for us, right? So the thing about it, though, is what I find is we're so unwilling to meet ourselves where we are that we just try to push past it really fast. So a way of doing that with weight loss is that's it. I'm going to go on this like super restrictive, you know, strict diet and I've got to get off



at least 10 pounds so I can even feel like myself again. Like I've heard it all over these last seven years, right. Thinking like I've got to make this, like, very rash, dramatic, severe change.

You know, with exercise, it could be just like going, you know, full out, like exercising a ton, going crazy with that, with the financial situation, I'll see people who are like living this extremely austere life because they're like, We need to pay off this debt or we need to like, save more. Like [00:20:00] it's very all or nothing, right? You know, like with relationships and even with our relationship with our work, we're like, Well, I'm not liking this, so it must mean that I have to quit being a doctor. Okay, let's just slow down for a second and maybe take a deep breath. Right? Here's what I know is like, we can be pretty detached from the truth of what's really going on for us when we resist that truth, when we are detached from it.

[00:20:26] Right. Meaning the truth of where we are. And we try to rush past it. Listen, it doesn't usually work out for us. It really doesn't with weight loss. We feel terrible. We hate every second of it. We totally then overeat or binge or, you know, tell ourselves that we can't do this. It's hopeless. Try to give up. With exercise, you can get injured. You can hurt yourself. You can just not find an enjoyable. So it's not something that you can continue on in any meaningful way. Right. Like it's, you know, you [00:21:00] see what I'm talking about, like living the super austere life because you're like, I need to save all the money. And then you're just like, Wait, I'm working my butt off and don't get to use my money to enjoy anything in my life.

Hold on a second. Right. With work, it's like, wait, I have to I can remember that there were parts of this job that I actually did connect to and did enjoy. Like, do we have to throw everything out like the baby with the bathwater, as they say? Or maybe there's some gray zone in there. Maybe there's some other things that we can explore. So if you're finding yourself in a position like this where, you know, often for most people there's some exasperation, there's some frustration, there's maybe some embarrassment, like I said, sometimes some shame, you know, or even just you realizing like, okay, a change needs to be made.

[00:21:49] What are my next steps? I have four sets of questions to ask yourself. They're really just mostly one question, but. Kind of with a little follow up question.

[00:22:00] So the first question to ask yourself when something like this happens is what is the truth here? You need to become reacquainted with reality. Okay. And what I mean by that is don't resist it. Don't try to rush past it. If you're trying to rush past it, it's because your thoughts about the reality are so mean and uncomfortable that you want to try to get out of it really fast. Another option is to slow down and stop thinking that way. That feels so bad. You see what I'm saying?

You don't have to change the situation immediately in order for you to feel better and to think more positive thoughts about yourself and thinking more positive thoughts about yourself does not automatically equate to you doing nothing and just settling for whatever result you prefer. We're different. Okay, so what is the truth of this situation? What is the actual reality in my scenario [00:23:00] here? What is the actual reality? Wow. Okay. Well, this is where I'm at with this FTP test in my zones. So guess I better just start doing some endurance cardio building kinds of things in a way that's supportive and is fun and comfortable for me so that I can.

[00:23:19] Take the test again and improve. Not because that test is like the decision maker of whether I can be happy with myself, but because I can see that I had a lot more fitness in the last several years and I've lost a lot of it and I would like to get that back because I feel better when I have it. So the reality is those FTP results, like I'll be honest with you mean I'm just like everyone else. I knew I needed to redo that test and I really didn't want to, first of all, because the test is not actually really that fun, but also because I knew that my zones were going to be lower and I was kind of resistant to the reality of that.

So I would just I was like, I'll just do these classes. Like in these zones. I'll just go like the lower end of the zones, [00:24:00] like and I'll just like, get the fitness back and then I'll be back here before I know it. And I tried doing a couple classes and I was like, This is craziness I'm not doing. I need to just do what I know is right and just face the reality of the situation. Right? So what is the truth? What is the reality if you've gained some weight? Okay, so what do we got going on here? We don't have to beat ourselves up.

[00:24:21] Where are we on the scale? Where do we want to, you know, like. Like what is the truth here? Like, it might be like, hey, you know what? My pants don't fit, and this is uncomfortable. So you know what? I'm going to go buy two pairs of pants that actually

fit me while I sort this out and get myself back on track again. Like, that's a way of meeting yourself where you're at. You don't have to be like, you know, like sausage casing, like clothing because you refuse to take good care of yourself and dress yourself in proper size clothing. Even though you may know that with your plans in a month or two, your current clothes are going to fit you so much better, right? Meaning yourself, where you're at is going, What do I have with me today? What's the truth [00:25:00] of today?

And then making decisions from that place. Okay, the next question is where do I want to be? Right? So what's the truth? What's the reality of where I am? So number one. Number two is where do I want to be? Where am I trying to get to? And then why? You have to know why I already told you my why my body feels better when I exercise. I stretch. When I stretch my body feels better when I'm stronger. Because I've done some strength training. My body hurts less, my joints hurt less like everything in my life is better, my mental health is better.

[00:25:33] It's easier to be happy. It requires less thought work for me to keep myself on track when I do this. So where do I want to be? I want to be at a place like and this is process driven, not results driven, because that's what's working for me here. Because you never get to a better place with your fitness. And same with weight loss, right? Like you lose the weight and then you got to maintain it. So there's always going to be and you can make it so that it's easier and easier and more and more comfortable. But the idea that you'll get to a place [00:26:00] and never think about it ever again.

No, it's the same thing with your money. It's the same thing with your relationships. It's the same thing with your work. Okay, so where do I want to be and why? I want to be at a place where I am consistently doing all the things that I know? Help me, right a couple times a week, doing some strength, couple times a week, doing some cardio, making sure I'm stretching every day. That's where I want to be. And I know if I do that, my fitness will improve. But I don't need to focus so much on that right now. Not to say that focusing on maybe being able to run a race or, you know, do some, I don't know, hike somewhere or something is not a good goal.

[00:26:39] I mean, it's amazing. It's just not what is the right thing for me at this stage in my life with what I can commit to. So then the third question actually comes with that.

What can I commit to doing to move myself forward? So very often, right, we over commit. We are like, Oh, I'm completely unwilling to meet myself where I'm [00:27:00] at. I have to get out of this immediately. So I'm going to be working out an hour and a half, twice a day, you know, totally doing the two a days, like whatever, like I'm, you know, only going to eat this. I'm never going to eat that.

Like, we start really going off the deep end a bit to try to get away from where we are. And of course, that doesn't work in long run and we can't commit to it. So what can I commit to doing to move myself forward? So lately for myself, I've been committing to getting up at 5:30 on the weekdays and 6:00 in the morning on the weekends because guess what? All the experts are right. I hate to admit it. I wish they were wrong, but they are right. When you stay on a consistent sleep schedule, your brain and body really like that. Darn it. I wish that were not the truth, but it is the truth.

[00:27:50] And I can see it because I wear my aura ring and I look at the results and I mean, it's just straight up facts. So I can commit to getting up. I get up, I walk my dog and then [00:28:00] go get in a, you know, some sort of workout, whatever makes sense for that day, taking into account what my aura ring is telling me and doing something that's supportive and fun for me. And I know if I just keep doing that, it's going to move me forward. Right? And maybe that commitment will change in the future. But for now, that's what I can commit to doing. So when it comes to weight loss, maybe what you can commit to doing is slowing yourself down and just becoming more aware of what you're eating.

Maybe it's not even so much food related and you're like, You know what? I'm going to commit to doing so I'm going to commit to becoming more aware of what my thoughts and feelings are because those are what are driving the eating anyway, right? This is what we help all of our weight loss directors only clients with. You have to know what those thoughts and feelings are. If you are going to expect yourself to do different things, to take different actions, it's like maybe you're just going to focus on the thoughts and feelings because you know the actions will change when you focus on them, right? And any number of other things that you can choose as the thing that you're going to commit to moving forward. [00:29:00]

[00:29:00] And of course, you can add to that as you go on, but you don't need to do everything all at once. Okay. So first question, what's the truth? What is the reality? Number two, where do I want to be and why? Number three, what can I commit to doing to move forward? Then the final question. Number four, how do I need to think and feel to keep taking those actions? Right. It's like I was just talking about. If I'm thinking like, I want to get up at 530. Walk my dog and then exercise every morning and still have time to shower, take the kids to school, and then have a full day of working. Right.

Like, how do I need to think and feel? It means that when 10:00 rolls around at night or 930 rolls around, the thought, I'll just watch another episode. Will not help me to keep up with those actions. You know what I'm talking about, right? Telling myself something like that, keeping myself up later, not preparing myself to be supported so that I can [00:30:00] get up and feel good and doing this like I need to not be thinking those things. I need to think, you know what? It's time for bed. Let's get to bed.

[00:30:08] Here's the other actually side note other thing that's really nice about having such a consistent sleep routine, which I do recognize isn't possible for everybody, especially some doctors. But if it is possible for you. What's really nice about it is you get tired at the right time, right? Like you know what I'm talking about where you're like you get, you know, then you're tired too early and then you're like, wired and then you can't go to sleep. And then you're dragging rear end, right? And then you're just like in this whole cycle where it doesn't work out well. Like, I finally was like, I'm going to do this and see what happens.

And it's like, Oh, this is fascinating. I actually get tired at the proper time and then I want to go to bed. Like, who knew? It only took me 47 years to figure this out. So that's what we need to be thinking. How do you need to be thinking about money and feeling about money to, you know, work through the debt that you maybe have or start building up the savings in the way that you want to. How do you need to be thinking and [00:31:00] feeling about yourself as a doctor, about the medical establishment, about your actual work, the day to day, you know, things that you do like, How do you need to be thinking and feeling about those things to take the actions that support you? So this isn't like we need to get perfectionists, like you need to be thinking like, I absolutely love losing weight.

[00:31:22] It's the most comfortable and amazing experience I've ever had, right? Like, we're not doing things like that, but like, here's a thought that I always like to remind myself of. If there's one thing I know how to do, it's lose weight, right? Like, if there's one thing I know how to do, it's lose weight. So I can't tell myself like, oh my gosh. And what if this won't work? And I know how to do this? So that's a great thought. I know how to do this. Same with exercise. I know how to do this. It's consistency. It's showing up for myself. It's prioritizing it, taking good care of myself. Right?

Those are those thoughts that are going [00:32:00] to help me to keep taking the actions that are going to end up getting me where I want to be. We have to know where we want to be. Hence question number two. So as a final review here one more time, the first question, what is the truth of this situation? What is the reality? And then meet yourself where you are at. That is where you are. So we got to meet yourself there. What's really true? What is the reality there? Number two, Where do I want to be and why? The why is very important.

[00:32:28] Number three, what can I commit to doing to move forward? It might just be one thing. It might be a half of a thing. It might be that the way you think about it. Is too much, right? Think of a quarter of a thing that you can commit to doing, and then maybe you get to half right. You can go very slowly if that's meeting yourself where you're at. And then final question, how do I need to think and feel to keep taking those actions? Okay. Very, very important to address [00:33:00] these things. And once you know how to do this, I gave you the examples of weight loss, but also exercise and finances and relationships work, all of that. This applies to everything in your life.

So this is exactly what we do in the weight loss for doctors only program. We're going to have another group starting in September. I'll be letting you know about enrollment for that here in August. It's going to be awesome. Very excited about it. And maybe you'll consider joining us. We'd love to have you. All right. Hope you have a great rest of your day and, you know, do a little self-assessment. Where are you right now and how can you meet yourself there better? All right. Take care. Have a great rest of your week. Bye bye. Ready to start making progress on your weight loss goals? For lots of free help, go to [katrinaubellmd.com](http://katrinaubellmd.com) and click on Free Resources.