



WEIGHT LOSS FOR BUSY PHYSICIANS

— with Katrina Ubell, MD —

Well, hello there my friend. Welcome to today's episode. I'm really, really glad that you joined me today. I have gone down a bit of a rabbit hole and I am going to invite you to come with me.

That's what we're doing today. Very excited to share this. So I had originally intended to allow a single quote to inspire this episode. And the topic that we're going to talk about today, and as I did, a little bit more research into it. I realized there are more quotes that I need to add. So this quote is actually by Thomas Edison, good old Thomas Edison. He was obviously super influential in a lot of ways in our lives. I think, you know, like so many people from those good old days or those old days, we kind of look back and go, oh, this person really didn't, you know, do things the way we would now maybe didn't really allow the spotlight to shine on the people who supported him and helped him, and creating all the amazing inventions that were created in his lab and stuff like that.

But regardless, I think there's still a lot we can learn. And he's got really some amazing quotes that are really just a peek into what his mindset was. You know, 100, I guess about, yeah, about a hundred years ago. Because, you know, I'm not going to give you a history lesson on Thomas Edison on this podcast. I think that's outside the scope of what we're doing here. But what he was really known for was just continuing to persevere and keep trying until he figured something out, you know, or him and his team, the support staff to he just didn't take no for an answer. He just didn't give up. And I think that is so important when it comes to losing weight permanently and creating peace and freedom around food. What I hear from so many people is the idea that because it hasn't work before, it's just not going to work in the future. It's just not possible.

There's feeling, um, dejected and just deflated and like, it's never going to happen. Now, I do want to say it's of course normal to have those emotions from time to time. All emotions are normal, completely, completely normal and okay. But when they're the main emotion, when they're the emotion that's essentially driving the boat, now we start to have some problems because those emotions end up holding us back instead of driving us or pushing us forward to create what it is that we really want.

So the initial quote that I came across just kind of like randomly was, "I have not failed. I've just found 10,000 ways that won't work." I've not failed. I've just found 10,000 ways that won't work. And I think that so many people have this experience. I was recently in conversation with a person who's considering coming into the Weight Loss for Doctor's Only program. And you know, what I commended her on was, you know, she told me all these different things that she had tried that hadn't worked. And I was like, that's so great. You're an action taker. Look at that. Like you're actually doing things to try to solve this problem.

You have learned so much by doing that. That's incredible. Right? That's not a failure. That doesn't mean it's never going to work. It just means all those things, at least standing alone are not the thing. So good to know. Because also, when you haven't tried a lot of things, it can be really overwhelming. How do you even know where to start, right? How do you even know where to start? So that's the first one, because I just thought I was so inspired by that. I was like, that's right, just have to keep on going. You just have to persevere. So then I went to corroborate that this was actually quoted, you know, attributed to Thomas Edison. And I found a whole bunch more.

I actually found eight more quotes. I was like, I can't leave these out. They're so good. And they all kind of move toward the same direction. So I think that they're all helpful here. So the first is, "I've not failed. I've just found 10,000 ways that won't work." Do you have 10,000 ways that won't work? I bet you if you got to work saying, I even want to find 100 ways that don't work, you would find out a lot. You'd probably find the solution. Or maybe you try ten things. I'm going to find ten things that don't work. I'm going to go and try stuff so that I can learn and take what works, and leave the rest and move forward until I create the solution.

For me, I think where a lot of people get stuck is in thinking that there is some sort of like secret out there that like someone has it that like, this is the thing that works for everybody and that just is not the case. What you are invited to do is to figure out the thing that works for you, like how does it work for you? And maybe it's not just one thing, it's probably a little bit of a bunch of different things that come together to create a bespoke solution for you as an individual, and that's why it's an actual, sustainable, long term, maintainable solution, because it is actually created specifically for you and all the ways that you struggle and all the ways that you need things modified.

It just works perfectly for you. But that doesn't exist outside of you that is created by you. Of course you can get assistance and guidance. That's what we do in Weight Loss for Doctors Only and the coaching program. But you create that personalized program for yourself. That's why it works. That's why it's maintainable. Okay. Are you ready? The next one. "There are no rules here. We're trying to accomplish something." That's so good. "There are no rules here. We're trying to accomplish something."

Think about that, right? Usually we think we need to know what the rules are so we can go and accomplish something. What he's saying here is rules are not welcome, because the rules limit our ability to think and innovate and come up with new solutions so that we can accomplish something. So when we come to weight loss with all these rules, all these ideas of ways, it has to be, I've learned the longer I do this, the more I realize there are really no rules. Like, you really, really, really get to make it work for you however you want to do it. You know, there are some guidelines that kind of might be advisable for good number of people, but really there's no hard and fast. This is the way it has to be done.

And I think that the invitation with this quote, "There are no rules here. We're trying to accomplish something," is if you want to accomplish this, if you want to lose weight, keep it off, have the experience around food and body and weight that you want to have. You have to throw those rules out and you have to build from scratch what's going to individually work for you. I think a great way to do this is just to question everything that you think is scripture like this is the way it is. Everybody agrees to lose weight, xyz thing has to be done.

No, it does not. Like, why do we think it has to be that way? What if that just wasn't even true, particularly for rules that you don't want to follow? If there are rules you don't want to follow, guess what? We're throwing those right out. Because any time we have that idea that we have to do things that we don't want to do, we will not do it long term. We have to figure out a way to come up with something that works for us, that we do want to do. Maybe that's the secret. I said there's no secret. Maybe that's the secret. All right. You have to figure out a way to make it really work for you. Okay, the next one, "There's a better way to do it. Find it."

Isn't it so good? "There's a better way to do it. Find it." I love that. What that is is an expression of the belief that there is always a solution out there, and all you have to do is go find it. I've told my clients this so many times they're like, yep, yep, yep. We know we hear it all the time. I believe that there's an infinite number of solutions out there, and all we have to do is find one. There are so many solutions. There's so many ways to do it, and all we have to do is find one. That's it. Right? It's a complete mindset shift that opens up so much possibility, opens your brain up to problem solving, to brainstorming, to innovation, coming up with something new, something you've maybe never even thought of to try.

This is what is so incredible when we realize, hey, you know what? I have to figure this out in a way that works for me. Rather than going, who's the person out there who has the answer for me? Right, instead going, hey, you know what? There's no answer outside of me. I can accept help and guidance and direction, but ultimately I have to try stuff so I can figure out that better way so I can find it. Love it. Okay, "Many of life's failures are people who did not realize how close they were to success when they gave up."

I see this a lot. I don't personally love referring to people as failures anyway, some people being right on the cusp of really having a breakthrough and being like, you know what, I don't know, I think I'm just too busy. You know, it's like, who isn't too busy? Everybody is busy. We still just have to figure it out, right? I wouldn't really personally use this language to call people, you know, who gave up a failure. But I do think that it's an important thing for us to recognize, right? When we're just like, I can't, I'm a failure of this. I can't figure it out.

You know, it could be that you just have no idea how close you are because you cannot see. It could be that there's like a thick fog that has rolled in and you just can't see it. But if you just keep taking that next step that you can see, it leads you where it is you're trying to get to, and you just keep going. And I will say, this can be hard, right? When you have setback after setback after setback, mistake after mistake after mistake, failure after failure after failure. Right? It can start to get a little weary. You know, we can start going, okay, I don't even know what am I even doing here.

But I just think that giving up on yourself. I don't know how it often ends up creating a good result for us. It's something that we end up, you know, like sticks with us, especially those of us who are doctors, right? We like to accomplish things. We like to be successful. That's just facts. So let's just go out there and be successful. If you've had a big trip up that can look like, you know, totally veering off into left field, you know, eating all the things, maybe you had really slowed down your drinking. Now you're drinking more again, like, whatever it is, it doesn't mean that you failed and you just it's over and you can't do it.

You could be so close to figuring it out. You just have to keep going. Which leads us into the next one, "We often miss opportunity because it's dressed in overalls and looks like work." I just think I read that and I was like, oh my gosh, that is my coaching program. Sometimes people are just like, oh, I don't know. I bet that does work for people, but I don't know if I want to actually get in there and do it. And here's the thing. There is some work involved, like you do have to put some effort in.

I always say, like me, my team, we are here. We are like showing up for you. We are ready to go. We are prepared, but we cannot do it for you. So you gotta meet us halfway. And that does look like some perseverance, some work, some effort. It does look like that. And the rewards being offered for that investment of work are lifetime incredible, right? We often miss opportunity. This is the opportunity. It just is not, you know, the easy button. And can that be okay.

We just have to like actually buckle down. The thing is, this was what I've always said about the people that I work with, which is women physicians, is like, you cannot tell me that you cannot do hard things. You cannot tell me that you cannot persevere. I mean, like, that's just no, like I don't believe you because look what you've accomplished in

your life. So if you can do that, you can absolutely do this. If you can work that hard, you can absolutely do this. I think part of it is that sometimes we have it in our heads that this shouldn't be so hard. We shouldn't have to work so hard to solve this food and weight issue. And to that I go like, who says literally says who? Right?

I mean, I guess all the get thin quick schemes, that's what they say. But we know those don't work.

So you know – overalls are cute. You know how to work. We can do this. Don't miss this opportunity. Okay. The next one. “The three great essentials to achieve anything worthwhile are first hard work. Second, sticktoitiveness. Third, common sense.” I wonder if he coined that word sticktoitiveness, because that's like a long time ago that he was saying that word. All right. It just boils down to everything.

Hard work. You know how to do that. You know how to dedicate yourself to something and solve problems. You can do that. Second, sticktoitiveness. That's perseverance, right? Keep on going. You keep tripping and stumbling and falling and scraping your knees. It's okay. Pick yourself back up. Dust yourself off. Let's keep going. You can do it. I see it all the time in my program members who've, you know, worked with us for a while, like the incredible results that they just continue to keep making because they keep sticking to it. They have a vision for what they want for themselves in their lives, and then they just go to work and create it, and we're just there helping them along the way. It's incredible. And third is common sense.

I think common sense is so important because we can get so tied up in all kinds of, you know, things that just don't even, you know, they just don't make sense, like different ideas. And you have to do this thing.

I'll tell you, one of the things that was like a common sense thing for me is like, you know, so you're telling me that I have to eat every couple of hours as a grown woman? Or I'm going to struggle with my weight. This is what a nutritionist told me back in the day. Like that literally doesn't make any sense. Like our bodies were literally designed and have evolved to be able to go many hours without eating. Like, it's just it doesn't make sense. It's just not common sense. So when we hear stuff like that, like you have to eat every two hours, every three hours, like you are not an infant. I mean, unless you have something specific going on that's, you know, okay. Right?

I'm not giving you medical advice here, but for the majority of us, it just doesn't make sense. Right? Common sense would say that we should be able to get the results that we want and still be able to make one meal for our whole family, you know, maybe with a few modifications. Right? That's common sense. Okay. Let's just go and figure that out. Instead of going, well, I have to make different things for the kids and then something else for my partner. And then I get to work making something for me. What? How are you going to do that? Long term doesn't make sense. Okay. Next one. Three more to go. "If we all did the things we are really capable of doing, we would literally astound ourselves."

I love that he is using the actual literally meaning literally, not figuratively. If we all did the things we are capable of doing, we would literally astound ourselves. So what I hear so often is a lack of confidence, a lack of belief in our own capabilities. I don't know if I can do it. I'm not sure I can really accomplish something like that. From the outside. I'm like, are you literally saying that to me? Look at what you've accomplished in your life. Look what you've so far been capable of doing. Look at the capabilities you've been able to develop for yourself. I mean, you're a doctor for the love. Like, can you learn how to do this, too?

Absolutely. There's so much that you are capable of doing or that you can become capable of doing. If you did all those things, you would literally astound yourself. You really would. You would look around and be like, what is this life I'm living? This is incredible. Really, truly. It's a good little wake up call. There's so much more that you can be doing, and not because you're not doing enough, but because you are an incredibly capable human being. So good. Okay. When you have exhausted all possibilities, remember this you haven't.

They're so good when you have exhausted all possibilities. Remember this you haven't. So if you think you've tried everything, guess what? You haven't. That's good news, right? So good. If there is something that you want, you can just keep going until you create the solution, right? You create new possibilities. You find new and different things. You invent something new that does work. Right. That is how you find the solution. So when you start telling yourself, I've exhausted all possibilities, remember this.

You haven't. I hear so often. I've tried everything. Okay. Have you tried life coaching? Have you tried working on your brain? No. Okay, well, I guess not all the possibilities then. Not everything then. Okay. Finally, these all go together, "Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time." Okay, that's what my message for you. Try just one more time. I'll say it again. "Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."

So I want to invite you to try just one more time. You really can do this. Let's do it one more time. We can do it. You can do it. All right. You can create permanent weight loss and peace and freedom around food. Doesn't matter what you're bringing from your past.

We can move forward, we can find that solution.

All right, well, if you're interested in finding out more about the Weight Loss for Doctors Only coaching program, which I think you should be, if you've listen to this podcast, go to katrinaubellmd.com/info.

You can tell you everything about what we have going on, what's coming up next, and more about what we're offering in the program. Because you really can do this. It's time to try just one more time.

All right, friend, thank you so much for joining me. Have a great rest of your week. Take care. Bye bye.