

Episode 53 - When We Decide to Leave The Miserable Maybe Transcript

[00:00:00] Hi everybody. Welcome back to this life of ours. Before we dive into today's episode, I wanna let you know we are about to take a little look back over the next few weeks. I'll be sharing a short series of three episodes from my former podcast. That's right. There was another, this was a few years ago when I first got started.

I started a podcast named Table for Two and we ran, I think we ran 36 episodes. Um, and there's some episodes in there that I think are worth sharing with you today. So these conversations have been cleaned up a bit because let's just say I used to have a much more colorful vocabulary. The heart of the work is still the same, and I'm really excited to bring these back to you.

This first episode, we're actually going to leave the little jingle at the beginning just so I can fully walk down memory lane with you, and the next two [00:01:00] we won't. We'll save you, save you the time, get you moving on with your day a little faster. But anyhow, thanks for being here. Thanks for tuning in.

Let's get into it.

You are listening to the Table for two podcast with Emily Brower. Episode number 33. Hi, I am Emily coach, accountability partner and your proof that change is possible. I spent years living a diet instead of my life, and now it is my mission to help as many women as possible ditch the diet and start losing their weight for the last time living the life they love.

In a body they're proud of. Let's go.

Hello. Hello. Welcome back to Table For Two.

I just got back from a weekend long conference in Phoenix, and lemme tell you what, [00:02:00] my mind was blown you guys. I've been doing this work, I've been learning these frameworks. I've been applying them to my own life. I've been changing my life. I've been changing, helping people change their own lives, literally changing lives.

I was in the shower this morning washing my hair and I thought to myself, legit, you're changing lives. I mean, this dream is coming true. It's here, it's arrived. I feel like I've arrived. Now some of you'll hear that and be like, um, I mean, aren't you still overweight, aren't you? Yeah.

I am, but guess what? Guess what? Being overweight does not mean you need to under your life. It doesn't, there's actually no direct correlation there except for the societal conditioning that we've got constantly humming in the background, [00:03:00] right? How many of you're overweight and you start to experience some success despite your weight, and you kind of wonder, second guess on yourself, like, is this allowed?

Should I be doing this? Are people wondering like, what's going on here? This doesn't seem right. How is this possible? It's time to stop under living. Just because you have an overeating habit, it's time to stop. Who cares? If you have an overeating habit and you're pairing that with under living, guess what you're gonna stay in misery for

as long as it takes for you to decide to do something different. However, if you have an overeating habit and you also decide, I'm not gonna make that mean I can't go live my life with the rest of humanity. Then what starts to happen is you start to replace this [00:04:00] emptiness or this angst inside of you with real life experiences that you allow yourself to go and live because you're not containing yourself to this box to make everybody else happy.

We're so conditioned to think that if we're having fun or experiencing success and we're overweight, then we better be careful. This is like uncharted territory. I dunno. Do you what you're doing? Have you thought about this? I want you to get hurt. I'll tell you what's hurtful. Feeling like you can't live your life because you've learned to cope with overeating.

And that's what I wanna help you with because I'll tell you that is a choice and not a necessity. We do not need to stop living or sell ourselves short on what life has to offer simply because our pants sizes in the teens or the twenties or the thirties. I don't [00:05:00] care. Maybe you're only in stretch pants.

Go out and live life. Please, please, please, please, if you take nothing else from this episode, do not let your overeating habits stop you from over living. Don't you need to go out and experience life. You need to go out and live, and do things to find what is it I even wanna be doing with my time?

All I've been practicing is sitting home eating Doritos, right?

The world and you try different things, and I don't mean you have to go to Phoenix. No, but what happened in Phoenix is I heard a lot of other stories that were similar to mine of people who are very successful financially. I also heard stories of people similar to mine.

who are still living small, Playing small because they're afraid to take up space because the way their life [00:06:00] is playing out does not fit in the box that society has created. I say bust the seams of the box baby, like it's time to create something new. Alright. Now that I got that off my chest, I can actually teach you something.

Today I wanna talk about the miserable, maybe the miserable, maybe this is the place where we kind of get stuck to say, right, we're, we're sitting in this place of like, I don't know, I dunno how. What about my childhood? What will the neighbor think? We get stuck in this place and then we convince ourselves that we just dunno.

And as soon as you tell your lower brain, I don't know, it's like, okay, good. We better just not then. Good looking out. Good looking out. If you don't know, we're just gonna stay safe in the cave and nothing has to be different. We can just keep doing the same thing because you [00:07:00] know what? We know this. But if that's not what you want, if you wanna get outta that place of feeling, just stuck and feeling like there's no other choice, this is just who I'm, I'm here to tell you that's not just who you're, and there are plenty of other choices.

Should you decide to give them a try? Should you decide to just try them on. Imagine you're in a dressing room. Stay with me here. Okay? You go to the store to get, say, you're going to get like a new, um, I dunno, a new outfit to go out. Okay. You try on, do I like this? I, how's it feel? What's, what do I look like?

How do I feel in it? Is it comfortable? We can do the same thing with our thinking. So instead of thinking I need to live small, because I've learned to cope with overeating, [00:08:00] I've got plenty of proof that thought doesn't serve me, doesn't work, doesn't help, doesn't anything other than keep me in the same thinking pattern and the same action pattern of living.

Like somebody who needs to live small because they've learned to cope with overeating. What if for a day you or I allowed ourselves to try on a different thought? Doesn't mean you have to believe it right away. It doesn't mean you have to sign your name in blood and say, I'll believe this from here to eternity.

Now you can try on a thought, just like you try on a pair of jeans, and then you can decide. What's this feel? Would this work for me? Could I be a person who practiced this thought over and over I mean, spoiler alert. Yeah. You're a person who do that.

You've got to decide to get outta the miserable maybe. So here's where the [00:09:00] miserable maybe catches you. You've got this desire, right? I want you to, I want you to picture like a number line, just no numbers on it. Okay? A line on the left side of the line is desire, right? That X marks the here's my desire.

On the opposite end of the line is your dream. If I could just master this desire, this dream would come true. And in the middle of the line there's a dip, almost like it looks like a, like a big pothole. Okay, that is the miserable maybe. You're going along, you've got this desire, you might collect some ideas, and then you slip into this pothole where it's like, Ooh, I dunno though.

Oh, but what would I do next? Yeah, but my story's different. Like, let me, here's an excuse on a golden platter. Well, you've never seen this one. I'm sure. This is the reason I'm different and I can't do those things. [00:10:00] And not only that, but when you're in that pothole of the miserable maybe, haven't I created a nice scene for this place, when you're in that pothole of the miserable maybe, you're not alone.

There's lot people there that are also kind of walking around, bumping into each other. I, I dunno, where do we go? What do we do? You dunno. That's comforting. There's comfort in knowing other people don't know, so we stay there. Right? I how to do it without Weight Watchers. I don't know how to do it without My Fitness Pal. I don't know how to do it because I've had this habit for so long.

And then we start a Me Too movement, right? And then it's just all of a sudden, okay. Or we convince ourselves this is good enough. At least my people are here, right? At least my people are here and now I can just enjoy my life and I don't have to push for anything more because what's the point I already have company here, [00:11:00] right?

This is how you get outta the miserable maybe. The point is, why do you wanna do that? Because you still have a dream. We easily detach from our dreams when we think we dunno what to do next. Right? I don't want you to do that anymore. So I'm gonna tell you, this is how you get out of the miserable

maybe. If this is you spending day after day after day going on, I dunno, I wish it was different for me. That's not, that's not my style, just stay in my lane. Whatever it's you tell

yourself. The way you get out is by making powerful decisions. This means these are decisions that are likely very different from the rest of the people in the pothole.

And listen, these people are gonna tell you, I don't know about that. That might not work. Hey, don't set yourself up to be disappointed. [00:12:00] If you crawl outta this pothole and keep walking towards your dream, you're gonna leave me behind. We think of all these reasons to stay stuck and all it takes is one powerful decision to get your booty moving again in the direction of your dreams means.

So ask yourself. If I could decide anything right now, even if all these other people in the pothole were like, Ooh, you're nuts. Like, that'll never work. What would it be? What would you allow yourself to decide if you thought There's no way anybody would do anything other than cheer me on? What would you decide to do for yourself?

I decided to become a coach. I'll tell you, I was right in that pothole with other people in my class who were like, I dunno, like was this [00:13:00] the right choice? Do I really have what it takes? How can I possibly coach somebody and be taken seriously when they can visibly see that I'm overweight? I had practiced years tying my worth to my weight.

And I needed, I got to a point where I needed to make a powerful decision that my weight will no longer define my worth. So instead of sitting around still and saying like, this might not work, people might laugh at me. They, I mean, all those thoughts still happen. The differences. Now I hear those and I think, and that's not gonna stop me because.

No matter what anyone thinks that might be negative, there's an equal amount of people out there waiting to hear what I might have to say because they want that connection because they can see themselves in my story, maybe [00:14:00] even in my body. Who knows? and they want to know they're not alone. That's why we stay in the pothole of the miserable maybe, because there's always, always company there. Always.

So my powerful decision that got me outta miserable maybe, and on towards walking towards my dream, which in the beginning, remember I told you in the shower, I was like, it's happening. You're changing women's lives. You're setting women free. I don't even care if people lose weight when they join.

Many people come just because they wanna clear their mindsets. Now if you wanna lose weight, then absolutely I'm gonna care about that with you and I'm gonna help you get that result

if you don't wanna, you wanna learn how to love you, just as you sign me up to be your coach, I would love, here's my powerful sentence, my power sentence. Turned into [00:15:00] a powerful decision that got me walking closer to the life I wanna be living is this dream is inevitable for me. Listen, that is clear to me.

That's not, I don't know. That's not, what if you don't figure it out? That's not What will people think? That's not what will you think if you try it and you fail? Mm. No. We get out of indecision.

We get out this land of maybe, and we just decide to start thinking something new and practicing it over and over and over. And I'll tell you when I think this is inevitable for me, I

get a lot more done than when I sit around going, I don't know, wish someone would just tell me what to do.

So I wanna give you an example of the miserable maybe played out in real life that happened in Phoenix [00:16:00] that, um, kind of made me laugh. I was like, wow. I mean, talk about bringing this to life for people. So if you follow the Life Coach School or Brooke Castillo at all, then you know, she's a bit bougie, right?

Like she likes things fancy, she likes to talk about the money she's made, yada, yada. And you know, a little bit. I support that and a little bit. I'm like, hmm. There's definitely more to life than money. So when her, the first day of her conference, she up on stage with her, she had a Chanel box. I'll tell you, that distracted me a bit.

I kept thinking like, I mean, what's the big idea here? Just showing us how rich you are. Are you like, what are we doing with the Chanel box? Because I'm already distracted and thinking this doesn't line up with what we're learning or what you're teaching, so what's, what's the box about? [00:17:00] I'd, I'd like to know.

So eventually, we're like maybe 30, 35 minutes into the morning. She asks the audience, is anyone curious why there's a Chanel box on the stage? And I think all but maybe two of us raised our hand in a room of about 500 people. Yeah, we're all distracted by it. Matter of fact. So why don't you tell us? So she said she has an irresistible offer for us.

Like, alright, I'm listening. So she takes the Chanel box and she's holding it in front of us. We can't see what's in it, and she tells us that her shopper, her personal shopper, sent her a picture of this newly released bag, and she thought Brooke would like it. And Brooke saw the picture and she was like, oh my gosh, I have to have this bag.

Now she's already starting to lose me because I'm not a girly girl. And I'm like, okay, can we get on with like, what are we gonna learn? [00:18:00] But I'm, I'm also like paying attention, like she said something about an irresistible offer. So let see how this plays out, right. She decides to open it. She's like, let's look.

Let's see what it looks like. So she opens it up and she takes out this little clutch. It's red and it's white and it has a gold chain. Way not Emily. I've completely lost interest. Okay. And she's like, you guys, come on. Like, how beautiful is this? Look how nice it looks with my outfit. I mean, she is selling this purse.

And then she says, I'd sell this to you for 10 dollars. For 10 dollars. And then she sat down in her chair on the stage and she sipped her water and the crowd went silence. Complete silence. And we're looking at other, there's confusion about. You start to hear some questions like what's going on? [00:19:00] What's happening?

After probably two minutes of confusion, you start to see people get up and walk towards the stage. I'm still

perplexed, like what are they doing?. They're going to the stage with money. They're trying to give her money to buy this purse for 10 dollars. oh oh. She meant it. She literally would sell it for 10 dollars. Those are the exact words she said. I'll sell this purse to you for 10 dollars, and still almost every brain in that room didn't believe that, or didn't think that meant,

oh, like right now? Like right now, I could walk up to you and pay? Imagine what must have gone through the first person's mind who stood up and walked to stage. Imagine what if I'm wrong? What if she didn't really mean it? [00:20:00] That might be embarrassing to walk up in front of the room of 500 people and try to hand her money and her tell me, oh, no, not right now.

Not here. What did that person have to do to get out? Legit, a room full of coaches sat in the pothole. We all sat in the miserable maybe going, I dunno. We were just told exactly what and still we were like, I know what to do. Here's all that had to happen. Anybody in that room just had to make a decision.

Do you want the purse or not? I mean we don't walk into the store to get something and they're like, okay, that's \$2.99. what do we do? We pay them. We pay them. We make a decision to pay them and take it and go. But this was different because it didn't seem normal. It [00:21:00] didn't seem like, right. It didn't seem like.

I don't know. It didn't seem like just an everyday like, oh yes, that makes sense, let's do that. No. So we all sat there in the miserable maybe going, what do, and then this one lady went up from the back and she got it. She bought the purse from her for \$10. And I'll tell you what, this lady didn't even have her own money.

She made a powerful decision that she was gonna get that purse no matter what it took. She didn't have money. She was coming from the back row. She could have told herself a hundred different things. I don't, I'll never make it in time. She won't let me pay her later a hundred different things. She gets up to the stage and she tells Brooke, I want that bag.

I want it. And Brooke's like, great. It's \$10. I'm [00:22:00] not gonna give it to you for free. The lady turns around and starts to book it back to her seat, and a stranger in the audience stopped her and handed her money and said, go get it. And she turned back around and she still was the first person to stage to hand Brooke money, and to get the Chanel purse in return.

Okay. Now how many of us, myself included, would've sat there going, I don't have money. I don't have money. Neither did she. So this is also an example of we do not always need to know every single step to make something happen. We just need to know, we want it to happen and we need to have belief in ourselves

enough to say it's inevitable for me no matter what. I'll do what it takes because I want [00:23:00] that result. I want that life. I, whatever your goal is, right? If it's weight loss, I wanna be the person who can do these types of things and to do these types of things. I need my knees to hurt less. Or I need to be able to fit in the rollercoaster with my kid, whatever.

It's for you, right? You make a powerful decision that you're no longer willing to sit in an audience full of people going I what to do, even though we were just told exactly what to do.

Here's the other thing, Brooke also pointed out that we don't even know the value. of doing something For ourselves like that until we do it. Here's what I mean by that. So this woman who had no money in the back row, all she knew is she wanted the purse, right? Just like think about your weight loss. You might know, [00:24:00] look, all I know Emily is I'd like to get this weight off.

That's what I know. Okay? She went up to the stage knowing, I want that purse. That's what she knows. Okay. Then Brooke says, what she didn't know was what's inside the purse, and I'm gonna relate what's inside the purse, to the personal growth you'll go through as you lose your weight with me, because you're not just gonna get to a point where you step on the scale and go, boom, I'm done.

That's the number I wanted. Thank you. Because even when you get to that number and you see that and you have that temporary hit of dopamine, like, Ooh, yeah, I did it. Hey, guess what? The next morning you're still gonna wake up and your life is gonna be there loud and in charge and in your face. And if you how to manage it, then you're gonna revert right to old habits because that's gonna be the quickest way outta your discomfort.[00:25:00]

So when she opened the purse, guess what was in it? \$500 in, in cash that she had no idea was gonna be an extra benefit to her decision to go for the purse. I'm just astonished that so many of us sat there in the maybe of like, I dunno, do I want it, do I not?

And hey, guess what? My brain never got past the fact that I don't have \$10 bucks in my purse right now to go give to her. I didn't even get past that. Had I gotten past that, I might have thought maybe that purse would be a good gift for someone. Maybe she would, lemme Venmo her. Maybe she would, lemme pay her after lunch.

Maybe I could ask my neighbor, Hey, could I borrow 10 bucks and I'll pay you back at lunchtime? I didn't get to any of that other thinking and problem solving because I heard the first thought of, I don't have \$10 in my purse, and my brain went, okay, better not then.[00:26:00]

You can't tell me that that doesn't happen to you in your chase for weight loss, right? We hear the first excuse, the first Thought that comes to mind, we take it as truth. we don't get curious about where'd that come from? Is it true? Is anything else true at the same time? What in the story of it was that I didn't have in my pocket? It's also true that my neighbor might have. It's also true that she would've taken Venmo.

She said it after. She's like, so many of you sat there. Here's the other eyeopening part, you guys. It's not that I decided, no, I didn't decide not to go get the purse., I just didn't decide to go get the purse. [00:27:00] Do you see the difference? So if you're looking at your weight loss right now and you're thinking, oh crap. I think I'm in the miserable maybe.

I think I'm stopping myself from making the next decision. I think I am preventing myself from deciding something as powerful as I can have an overeating habit, and I can still go live my life deciding something as powerful as this dream is inevitable. I mean, listen, there will be people that are like the audacity of you to think that. Let them be wrong. Let them be wrong about you.

I want you to think about this concept of the miserable maybe. I want you to look in your own day, in your own desires, own in your own decisions, or lack of, and ask [00:28:00] yourself,

if no one was gonna say anything sideways about it. If I was only gonna, what would I decide? What would I do? Would I continue to, everything that goes into my mouth? Would I continue to worry that if I go out with my friends, the scale's gonna go up, and then what's that gonna mean about me and, ugh.

Do I want to continue to tap Out every night and that I can't handle this. Wake up the next morning with guilt and shame. and ugh, here We go again?, if this is you, hear me. Please hear me. You one powerful decision away from getting out of the pothole that's got you stuck. Just one. And if you think that's not true, Emily. That's not true. I'm about 99 decisions away. [00:29:00] Then make me your first decision.

Please make me your first decision to say yes to and let me pull you out. if I'm speaking to you. If you're like, oh, yes. Get me outta here, then let's go.

All right everybody. Thanks so much for allowing me the time to go back down memory lane for these three episodes. I hope you enjoy.

We'll see you next time.

Thank you so much for being here. If something in today's episode resonated with you, we'd love for you to share it with a friend or leave a review. It helps others find this space. You can find full episode transcripts and learn more about our amazing team of coaches. At www.birchandstonecoaching.com.

Until next time, stay rooted, stay resilient, [00:30:00] and keep rising. This life of ours is worth showing up for.