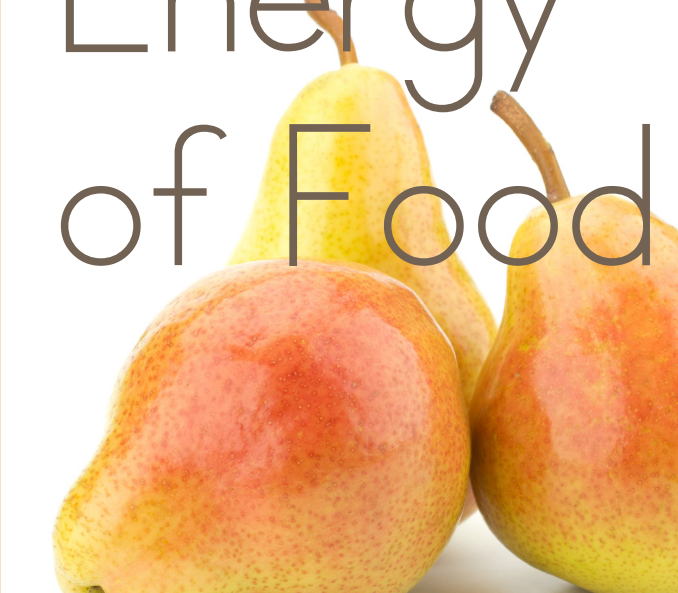




The Energy of Food



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March Forth to Greater Health!

First quarter of the year is nearly complete! How are those New Year’s resolutions? I always declare March 4 as my day to:

- Check in
- Revisit
- Reframe
- March forth towards my goals!

According to a worldwide Facebook survey of over 300,000 people, “lose weight and get in better physical shape” is the number one New Years resolution.¹ Yet only 8% of people achieve their resolutions.² In my experience as a coach, there are several reasons why people do not achieve their goals.

When goals are poorly stated—not specific and lacking an important reason for achieving them—then we are less apt to be successful. We are not sure what we are heading towards. The significance is not visible. Using the most common example, “lose weight and get in better physical shape,” I would wonder, exactly how much weight does “lose

weight” mean? What does “better physical shape” mean? If you made this resolution, do you mean leaner abs? Better shape than someone else? (Who?) Being able to walk the dog without getting out of breath?

That last definition of “better” hints at the importance, which is critical. When we aim towards something emotionally meaningful, motivation is intrinsic and commitment comes naturally. Perhaps you want to be in better physical shape so that you can play baseball with your grandchildren. Maybe your goal is to walk a 5K for breast cancer to honor your mother.

Stating goals this way also gives us a way to measure the goal and can sometimes hint at how to refine the goal. For how long would you like to play baseball with your grandchildren? Is there a particular position to which you aspire? Can you walk 2K right now? What will it take to double that? How fast would you like to walk?

Many times people state goals and then create a series of limiting rules that must be followed in order to achieve the goals. If “lose weight” is your goal, you may declare dessert off limits. You may mandate eating salad every day. You may have an idea that if you eat bread you will get fat, so no more bread, sandwiches or rolls. While some people have enormous self-discipline and may find success following the rules, I have never seen someone who does so happily for long enough to achieve the goal. They express frustration and regret being deprived. They binge and then proclaim “falling off the wagon” which sometimes leads to additional binging. Sometimes they declare that they cheated.

Let me reframe this a bit.

Compare the statements “never eat bread so I can lose weight” to “lose weight so I can walk a 5K to honor my mom.” Say them out loud. Does one statement have more expansive energy than the other?

The person who believes bread will make one fat might say “bread is bad.” Now, as energy workers, we know that energy is not classified as good or bad. It just is. It can be transformed and transmuted. So, bread is not bad, or evil, and it is really unjust to judge it. We can notice the effect it has—eating bread means gaining a few pounds or causing a blood sugar spike or feeling sluggish which makes it harder to exercise.

When clients come to me with a goal of losing weight, I always ask what they will gain. That is the key to finding



the emotional component of “losing.” Some responses have included self confidence, self sufficiency (one client had to rely on others to carry groceries up the stairs because she was very heavy and would get out of breath), another client wanted longevity and the ability to be alive and walk a granddaughter down the aisle at her wedding (she was seven years old when we spoke).

So, this month, this week, maybe even today, I encourage you to revisit your New Year’s resolutions. If you did not make any, perhaps review the goals you are working on or even your To Do list for today. How might you change the wording of your goals to incorporate intrinsic motivation (or to include the importance of why you want to achieve the goal)? How might you re-word the goal in an energetically expansive way?

This month, march forth towards your goals with determination, pride and the knowledge that they are attainable! €

References

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