



Trim Healthy Podcast with Serene and Pearl Episode #171 – It's Not Your Goals It's Your Habits

(AIR DATE:05/06/2020)

*Counting calories is out. All the food groups are in. Becoming trim and healthy doesn't have to be difficult or painstaking anymore. After trying almost every fad diet out there... sisters Serene Allison and Pearl Barrett, authors of the best-selling Trim Healthy Mama book series, took matters into their own hands and the Food Freedom Movement was born. This podcast offers a deeper dive into the world of THM. Listen in as the girls (and their sidekick Danny) tackle a variety of food, fitness, and lifestyle topics with the same quirky attitude and style that has endeared them to an ever-growing audience of women who are changing their lives and the lives of their families. **Welcome to the PODdy!***

S = Serene · P = Pearl · D = Danny ·

[00:00:00]

S This is the PODdy with Serene...

P And Pearl.

S Get it right, P-O-D-D-Y.

D It's the Trim Healthy Podcast busting into your ear-gates again. Serene, Pearl and Danny are all here to hang with you today, and we're so glad you tuned in. And we're just so pumped about talking with you about all the many things we have in store.

P And who do we have in the house today? We have John, we have Lesley-Pops, we have Autumn, my daughter, and we have...

S She looking beautiful too.

P Chalice, Serene's daughter.

S She's beautiful too.

P Remi, Serene's son, and Solly...

[00:00:34]

S Weewee time.

P Serene's baby, who's having wee wee time, which is nursy-wursies.

S Look at Danny's face.

P And Danny, ye of the wool pant of early American.

S Oh, he's so not my man. He's so in my club of wool pant.

D This will be recorded forever.

P Danny came in wearing these awesome wool...

D He's so my man, with all the passion of Serene's earthy voice.

P But, Serene, if someone does wear a piece of wool clothing that are as awesome as that...

S There's not one thing on me that's not wool, except for this nylon jacket.

P They have to go in Serene's good books. Those pants are very awesome. They're very, what would you call them, early American?

[00:01:09]

D Early American, yes.

S Oh, yes.

P And they're wool, and they look like you're walking through the streets of New York and...

S Selling a newspaper.

P Yes.

D Yes, yes.

S A penny, a penny for the news.

D Well, there was a cut back then...

S Pence.

D That seems to be lost today.

P I love the cut.

D Yes, the cut is so classic.

[00:01:22]

P Also, I'm not sure if I can see my own husband in them.

S No.

D Oh, I could see Charles in them.

S Neither mine.

P What?

D Let me take Charles on a day, let me just have a day with Charles...

P Oh, that would be the funniest day.

D He will...

S My sons have tried to take my husband on a special day, you know those days where you try to recreate the fashion of the...

P Yes, tried to like his...

S The old dog that can't learn any new tricks.

D That just can't learn. No, what'll happen...

[00:01:43]

P You-try-to-hip-up-your-parent day.

D I know what'll happen if I took Charlie shopping. He would reject 100% of the items I picked out. He would let me know how much time of his I'm wasting, and he would ask to quickly be dropped off back at home.

P He would.

D Yes.

P He'd say he had to use the bathroom.

D Yes.

P All right...

J You'd come back with a ball cap.

D I'd come back with a ball cap.

P Yes, you would.

D That's right, John.

S Charlie has a ball cap from every town he's been to in life.

[00:02:06]

P Every place we go to. He's a collector at heart, my husband. This is off topic, but I have to stop it and curb it, or it'll be everything. Like, you know those...

S Are you giving me permission to curb my husband's things too that he collects?

P Oh, your husband's worse than mine. But you know the Western statues, they're called Remington's, and they're statues of like horse fights and cowboys and everything?

D Yes.

S Oh, I like those.

P They're very expensive.

S Oh, I like them.

P He wanted one his whole life, could never afford one.

S Oh, yes.

P So, finally, when we started to get a little bit of money, he saved up and he got one. Well, then he kept going. And in our new home...

S Where are you going to put them?

[00:02:44]

P Well, I had to stop it, Serene. I had to stop it. We've got about eight...

D Are they on display at your home?

P They're on display, Danny, but he wanted them in every corner of the home. I said, Honey, enough, because this...

D It's time to heal from our childhood trauma.

P Yes.

S It's looking a little bit violent, right.

P Yes, enough.

S With like bulls stabbing cowboys through the heart.

P I let him get a ball cap at every place we go...

D Oh, that was the replacement.

P And he feels satisfied.

D He used to bring me a ball cap every trip.

P Yes, he'll take other people ball caps.

[00:03:10]

S I wish my husband was just a little bit of a ball cap collector. He collects huge, big machinery...

P No, and he collects shipping containers.

S That die around the house. They're like big...

D Sculptures.

S Anthropology... The dinosaur bone thing.

P If you go to Serene's house, I've got such a good topic, we're going to give ourselves one more minute of a rabbit trail, if you go there, Sam's display of collections is so funny. I mean, it's not little things, it's huge, broken-down buses, trams, & RVs...

S From San Diego.

P Yes, trams, shipping containers...

S Trams with broken windows.

P The strangest vehicles you've ever seen, anything he can win on eBay that's big.

[00:03:48]

S Or accidentally win on an auction.

P Yes.

S I get scared when he does the auction on a Saturday morning.

P That's

S Because, no, don't worry, don't worry, I'm not going to bid. But then he'll do the accidental bid...

P And it costs \$1,000...

S And then he...

P But it would cost \$10,000 to fix.

D Yes, yes.

S Yes, but then he has to drive... On our one day off we could be together, he's driving to Louisville and this and that to pick up the big, old...

D Pulling a big trailer.

S Dinosaur bones.

P But it's the joy, it's the joy.

[00:04:08]

S It's the joy.

P Hey, guys.

D Hey, I was going to suggest that, that I bet it's actually like a sport for him.

S Oh, totally.

D It's the joy of huge machinery ownership.

S Yes, so you can't see my house for the machinery in front of it.

P You can't.

S But one day they'll all have a purpose. They're all going to be Airbnb's.

P Yes, one day.

S Different beats of Airbnb.

D That's cool.

S He's going to redo them all.

[00:04:26]

P And you are a very patient wife.

S Oh, bless my heart.

P Bless your heart.

D Bless your heart.

P I have a good topic today, people. And I'm not saying that it comes from my very own IQ, but we can read things, and we can take them into ourselves and then churn them out in different ways, and they can bless others.

S Oh, I like that. Well, that's what it all is. Even with recipes. You just get an idea, you recreate your own little gif of it.

P Even with Trim Healthy Mama, yes, we've got downloads from the Bible, and we've got downloads, I believe, from God Himself, but we've got downloads from other premises of diets.

S Yes.

P We've never pretended that we never read books from Atkins, from South Beach, from Suzanne Somers...

S From good, old weightlifting people.

[00:05:07]

P Even Weight Watchers. All of them have premises, and when you learn the goal in each one, you can take it into yourself and say, I can understand this from that, and I'm going take this and use it in my life.

S Yes, I learn from Pearl. I just spit out the bones...

P I spit some out some of Serene's purist ways, some of them I keep. Hey, here we go. I've titled this, but I'm open to change, It's the Journey Not the Goal.

S Oh, I like that.

P That's my title.

S Not the Goal?

P Not the Goal.

S Good.

P Because, guess why, goal-setting can actually be so overrated. Winners and losers... Get off your phone, Dan-Dan and listen to me. I want some good eye contact.

D I didn't bring my notepad today...

[00:05:48]

P Oh, you're writing notes?

D Which I normally do, so I have notes.

S You're like one of those preachers who get mad at the people for looking up the verse they just told them to look up...

P If you've got a phone...

S But it's a phone...

P I know, Mum doesn't like it.

S They think they're texting in church.

P I thought he was texting.

D Just picture me diligently taking notes.

P I know, but I love it when you do hand movements.

D Okay, we'll get back to the hand movements.

P Like a cartwheel, you know.

D I'll be more brief in my notes.

[00:06:09]

P Winners... Because Danny really gives good feedback, he's a feedback guy. That's why we hired you, because you really urge us on. And you say a few things of interest now and then too.

D Sometimes. Yes, sometimes.

P I want to say this very profound thing. Winners and losers both have goals.

S Yes, they do.

P People who have succeeded have goals, and people that never do a thing in their life and fail and fail and fail, they also often have goals.

S Yes.

P So what is the difference here?

S Tell us, Pearl, tell us.

P There is a book I am currently reading. I picked it up at an airport. It's called Atomic Habits. Maybe some of you...

S Oh, that sounds very... Something that Danny would love, Atomic Habits.

[00:06:47]

P No, he's going to love this.

S Like the small parts of life that get you.

P Listen, I want to preface, saying, every book I read I often bring things here. Because whatever I'm learning, I want to bring to the PODdy.

S Yes, it's just kind of an extension of our sisterhood.

P Yes.

S Because we just do that.

P Whenever I'm reading a book, I'm like, Serene, oh, my goodness, oh, download, download.

S Yes.

P And then you can apply it to your own life. I just read another book, Many Habits for Weight Loss. And it had some similar things going...

S Well, that is very similar to Atomic, Pearl.

[00:07:11]

P I know, because the atom. But this book, I want you to all get it. Maybe some of you have gotten it already. It's pretty popular. But, wow, is it good. And, wow, can it really help us in our Trim Healthy Mama journey.

S You were reading out some of it to me on the plane, and it was almost similar to what we had gotten out of the Bible.

P I know.

S It's so weird.

P And the guy wasn't even a Christian.

S It's just so interesting.

P I know.

S The science backs up the Bible all the time.

P Yes, it's by... What's this guy's name? James Clear. He opens his book...And I'm going to read some things, so, James Clear, I'm sorry, I hope I'm not infringing copyright. I'm reading a few things, but telling everyone to go get your book, because you have to, really.

S If you take her to jail, James, I'll just bail her out.

P You'll just do the PODdy while I'm gone?

[00:07:54]

S I'll sell all my husband's big, old dinosaur things and bail her out.

P He starts off the book with this story about British cyclists. They started, I don't know when it was, but, anyway, for the longest time, they were pathetic, hopeless. They couldn't win a gold.

D Hey, hey.

S I love hearing about the...

P In fact, for a hundred years they'd only won one gold.

D Hey, Pearl, was it the...? Who was the dive team from Singapore or something who...? The past Olympics, there was the high dive, where you had to dive and slip into the water without a splash. And this one country, it was their first time showing up to this event at the Olympics, and they were belly-flopping at the Olympic Games, with the most twisted faces of pain. And this is the most beautiful...

S I wish I could see that. Can I look it up?

D Oh, we'll pull it up, we'll pull it up after.

S Oh, my goodness.

[00:08:49]

P But, no, it was sort of like that. In fact, European people that created cycling bikes and gave them to all the athletes, they didn't want the British team to have them because they thought they didn't want British riders riding on their bikes, it would look so bad.

S Here you go, Lesley-Pops.

P So it all changed in 2005, where the British people got this new coach for the cycling team, right. And he changed everything. He took a whole new approach where it was all about tiny, tiny, the smallest things that he could find to change, marginal gains, tiny improvement. In fact, he called them 1% improvements, like little things, even to the pillows they slept on, the way they got a massage, the foods they ate...

S Massage.

P How they stored their bikes.

S Wow.

P Everything, the tiniest things that you thought would never, ever, ever count, right.

S Yes.

[00:09:44]

P But these small improvements added up to most amazing results that two years after this guy came on, from 2007 to 2017, they won 66 gold medals and 178...

S Bring it, Pearl, bring it.

P World Championships. You see, those cyclists always had a goal to win...

S Yes.

P But their motivation was there to win, everything was there to win, but their systems weren't in place to win. And all these tiny, tiny, little things that they'd overlooked, well, that's not going to make any difference, that's too small, who cares about that, when he put all those together and made all the little things count, things happened.

D That's huge.

S Wow.

P So huge, and so that's what I want to talk about today. I'm going to read something from page 15. Won't you turn in your Bibles...?

D Turn in your Bibles...

[00:10:35]

S To page...

D Now, from his book?

P Yes, from the book, page 15.

D From the Atomic... Say the name again...

P Atomic Habits.

D Atomic Habits.

S Book of Clear, chapter something or other...

P Yes. He says, meanwhile, improving by 1% isn't particularly notable. Sometimes it's not even noticeable. But it can be far more meaningful, especially in the long run. The difference a tiny improvement can make over time is astounding. Here's how the math works out. If you can get 1% better each day for one year, you'll end up 37 times better than by the time you're done. Conversely, if you get 1% worse each day for one year, you'll decline nearly down to zero. What starts as a small win or a minor setback, accumulates into something much more.

D Huge.

P Yes.

[00:11:23]

S Oh, yes.

P Then I wrote notes, Serene, just like you. I told myself to read two more things.

S Good.

P Page 16 and 17.

S I like the glasses too, Pearl. You look very intelligent.

P Yes, I know. Okay, the same way that money multiplies through compound interest, the effects of your habits multiply as you repeat them. They seem to make little difference on any given day, and yet the impact they deliver over the months and years is enormous. This can be a difficult concept to appreciate in our daily life. You're looking at me because of my glasses.

S No, we're just urging you on.

P These small changes, they don't seem to matter very much in the moment, but they can have a huge impact. And the same goes for when you do positive things, the same goes for negative things. When we repeat 1% errors day after day by replicating poor decisions, duplicating tiny mistakes, or rationalizing little excuses, our small choices compound into toxic results. It's the accumulation of many missteps, a 1% decline here and there, that eventually leads to a problem. Making a choice that is 1% better or 1% worse seems insignificant in the moment, but over the span of moments that make up a lifetime, these choices determine the difference between who you are and who you could be. Success is the product of daily habits, not once-in-a-lifetime transformations.

S Could I interrupt for one second?

P Please.

S It just feels so huge a goal, a goal that feels a million steps away, right. And so maybe that's why there's the failures in it, because it feels like something that you have to do that's so big. But when you just make the little, tiny, microscopic steps towards it, then it's like it's inevitable, right.

P Yes.

S And it's like with a sailor or anything with a ship, when they're navigating their course, even if they get a... It's so important, the math of it, and everything. Even if they get a tiny, tiny, tiny, tiny, tiny, little bit off, in the scheme of there and their destiny, it's miles off.

P Way off. Yes, it is. Hey, you're listening to the PODdy with Serene and Pearl. And I'm Pearl. And who are you?

[00:13:34]

S I'm Serene. You know what, it's so hard to think of what can I give somebody as special as Mum.

P Everything doesn't feel worthy...

S It doesn't. And, also...

P For Mother's Day.

S A mother is so different. I don't know, I feel like they've grown out of materialism, and the only thing that really matters any more is just something of the heart to them.

P So true.

S Yes?

P When I think of what I can give our Mummy, Serene, our Mum, it's like nothing really shows her worth.

S Right, exactly.

P Nothing you can buy.

[00:14:09]

S Yes, and the other day my daughter went over to her future mother-in-law's house for her birthday. And the mother was just sharing the 20 most beautiful events that ever happened to her life. And it was all to do with family. It was the weddings, it was births, it was, they've adopted, and it was the times that they've finalised the adoptions, it was... And it's just made me realise right now as I'm thinking it, the thing that matters most to a mother is her family.

P So true, and that's why we want to encourage you to give your mum the most meaningful gift this year, a chance to connect with loved ones through Story Worth. Story Worth is a fun and meaningful way to engage with family. We've

used this with our own parents, we've used it... My husband has done a whole Story Worth series for our family. It's just so incredible.

S And what I like about it, Pearl, is some mothers are natural storytellers, but some, they need to be prodded to get the gold and the treasures out.

P Yes.

S And so the great thing about Story Worth is it asks questions, prodding questions, so that the goal, the memories just start flowing.

P Exactly, basically, what is Story Worth? It's an online service that helps your loved ones share stories through thought-provoking questions, as Serene said, about their memories and personal thoughts. It's the gift of spending time together wherever you live.

[00:15:28]

S Do you know what's great, I bet you through Story Worth you will find out things about your family that you never have before, because the prodding questions will bring out things like, oh, my goodness, Mum, you've never, ever told me that as long as I lived.

P Yes. So every week Story Worth emails your family member, in this case, hopefully, your mummy, different story prompts, questions you never thought to ask her, like, what have been some of your life's greatest surprises, and what's one of the riskiest things you've ever done, Mum?

S Wow.

P And so then she writes these...

S Well, our Mum was a redhead.

P Yes.

S That'll be a scaly question.

P Our Mum rode some wild horses, actually, back in her day.

S Yes.

[00:16:06]

P So she writes her response. In the end, they're compiled into this most beautiful book. It's a keepsake to last for generations. This will be passed down.

S I love it.

P It's the most awesome gift in the world.

S So give your Mum the most meaningful gift this year with Story Worth. Get started right away, without the need for shipping, by going to StoryWorth.com/trimhealthy. You'll get \$10 off your first purchase.

P So that's StoryWorth.com/trimhealthy for \$10 off.

S This is the PODdy with Serene...

P And Pearl.

S Get it right, it's P- O- D- D- Y.

D I was just telling my wife this very thing, that I shifted from in like my weekly work during the work week from the big, huge list of all the things that need to get done, and what I was doing was putting them all on one day, and whatever didn't get done, I would roll over to the next day...

P Right.

[00:17:06]

S Yes.

D And that was kind of, the busier you get, the more overwhelming that is. And add one extra kid into your life, now you have another kid, as you grow your family or your business or whatever it is you're doing, you're going to find that that type of mentality is just going to fall apart. So what I decided to do was say to myself that if I accomplish one significant thing today, just one of my to-do lists, right, I will be ahead of probably 99% of most people, who create a huge thing or a big end goal and just never really get around to doing it. There's never a good time, it's not the right season...

P So true, because the goal is too lofty and too big, and it's...

D It means it's never happening.

P Yes, and it's these small things. So all these...

S And at the end of your day, if you don't accomplish the billion things you set out for yourself to do, or the big, big goal, you're a failure, right?

D Yes.

[00:18:03]

S But if it was just sitting down and reading your two-year-old a book, you're awesome...

P Yes.

D Or check this out...

S You rock, you...

D I've got four kids, on that note, and I feel like we all kind of nurse along multiple micro-low-worth and failure type of things in our life. For example, I don't connect with my kids like I should. That sentence right there, right?

P Right, the sentiment, yes.

D I can either go years waiting for the day when I'm going to have 16 free hours each day to connect with my kids like I should, quote, unquote, or today I can say, I want 15 minutes of deep connection with Scarlett. If I could do that just today, and then tomorrow have 15 minutes of deep connection with Daniel and, etcetera, etcetera, you're four days away from monster connection with your kids...

P That's so true, Dan.

D From your big end goal that you're waiting on a better season for.

S That's so true.

[00:19:05]

P And you should write a book, because you're on the same lines as him.

D Yes, I should. It'd be weird if I sold it on Amazon.

P Listen, it's these little things, right, that we do...

S Well, what if you could write a book, Dan?

D What If I Could? That'd be crazy.

P Little things that you could do, like oftentimes... Even these cyclists, they didn't see it, and they pushed back. Like, well, why are we doing this? It's not going to make any difference. Just getting up on your Trim Healthy Mama journey and making that protein-centered, blood sugar-friendly breakfast, right. Sometimes it just doesn't seem like, is this really doing good? I remember when we first started Trim Healthy Mama, Serene, and you and I, and we sort of developed these principles and said, let's try it, okay, I was a little overweight at the time, nothing huge, but I wanted to get down and just... I was feeling puffy, my legs were hurting, I'd grown out of my jeans...

D You were overweight for you.

[00:19:49]

P For me, I was overweight for me. I'm a tiny frame, it wasn't good for me at all. So I remember that first month I just started implementing these principles. I would have protein with my breakfast, I would separate my fuels. Well, at the end of the month, I did not lose a pound. But look what happened...

S Yes.

P Look at the...

S Years down the road.

P Hundreds of thousands of people that have lost weight. Now, I did go on to lose my weight. It was much slower, but because I wasn't very large...

S But those small steps, you see, aren't very notable at the beginning...

P They weren't notable.

S But in the scheme of things, they're huge.

P In the scheme of things, they were huge, Serene. The impact that had, and the impact from you doing all of that, you got your muscle tone back, did that happen overnight, Serene?

S No.

P He talks about this, the analogy of ice, right...

[00:20:41]

S Can I just say, just interrupt...

P Yes.

S For one second, Pearl, but because you said it was just even the way they parked their bikes...

P Yes.

S Where they parked the bikes, such a miniscule thing. What does that mean? And I was thinking about, you go, you wonderful Trim Healthy Mamas. And it may not be every personality, and it's not like this has to be your little, miniscule step, but, hey, hats off to those ladies who have gotten out special containers to put all their Baking Blend, their Gentle Sweet, it's like the way they're parking their bike to make it seem like this is who I am.

P Oh, Serene, that's so good, because he talks about visual cues being the strongest things we can give ourselves to implementing habits. That was a point later on, but you just nailed that on your own. Visual cues help us, and it's scientifically proven, more than any other thing we can do. We can have all the motivation in the world, and if we don't have visual cues to implement these habits, they're not going to work. Interesting, but let me get there...

[00:21:29]

S That's why you used to put the rebounder in the middle of your lounge.

P I'm telling you, and I've got a whole list. We're going to get there in a minute. It's going to get really practical, but let me keep up this whole mindset.

S I'm bells.

P Okay, think of ice. It's frozen, right, and you keep thawing it, you want water out of your ice, but it's just not happening. You go from 26°. Nope, still frozen. You get up to 28°, 29°, 30°, you're going up and up, it's still frozen. It just looks frozen. And then 32°, boom, baby. You could've started at 100°, and you wouldn't have seen any change in that ice between that and 32°. And it went up tiny degrees every day, and then, boom, and the water gushes forth.

S Ah!

P And this can be breakthroughs in our lives of continuing in the small things. And it's biblical.

S Jericho.

P It says, do not despise the day of small beginnings.

S Yes, Jericho, I'm unzipping for one second, round and round they went. Not a change, not a crack in the wall, till the last circle. They went round and round, and, boom.

[00:22:40]

P Yes.

S They didn't see anything...

P It's so true, Serene.

S Till the victory lap.

P Complaining, another analogy from the Bible. When God told someone who had leprosy to go wash...

S Naaman, was it?

P I think it might've been Naaman. Come on, Danny, you're a biblical, Bible student.

S I think it's Naaman.

P Go wash in the river a certain amount of times. So he washed, and it's like, hmm, it's still there. Go do it again. Still there. What was it, seven times?

S Seven times.

P Then on the seventh time, boom, leprosy was gone.

[00:23:09]

S And he didn't even see a little healing each time.

P No, not even a little bit.

S That would've been nice, but, no.

P No.

D The invention of the light bulb...

S Yes.

P Yes.

D What was it, like hundreds of...?

S Yes.

P You always talk about WD-40 too, right.

D WD-40, yes, it took 40 tries.

P I'm like, even my pizza crust, I just took it around...

S Yes, it is.

P Because it's not my pizza crust, it's ours, but I...

[00:23:25]

S You claim that thing. I didn't work on that one bit.

P Well, Serene, you've just created the Strawberry Baobab Bliss Bar that's coming out. But the pizza crust that we want to bake and sell, it's just a pizza crust that's already precooked, you're going to top it and put it in your freezer, it's just... I just took it to Serene, but how many tries was it? 40-something?

S Oh, yes, she'd bring it around, it would turn to like total charcoal in our oven. This one is the bomb, baby!

P But each one, it was tiny, tiny, minute changes toward the end. I would...

S It was like a quarter of a teaspoon difference of one ingredient.

P A quarter of a teaspoon changed it.

S Yes.

P And it was so close and then it was boom. And Charlie said to me, Pearl, don't change a thing now, you nailed it. And I said, what, I'm going to go take it to Serene. And Serene's husband almost cried because it was that good.

S Oh, yes, it was a holy-moment pizza.

[00:24:10]

P Holy moment. Okay, so this is what he says about, good, old James Clear. He must love us. Complaining about not achieving success despite working hard is like complaining about an ice cube not melting when you've heated it from 25° to 31°. Your work was not wasted. It's just being stored. All the action happens at 32°.

S It's so good.

P Ain't it cool? Okay, but then he goes, I'm not even through the book, but I'm just sharing you what's happening in my mind, and it's been mind-blowing, systems, not goals. James talks about goals schmoals. I'm paraphrasing, he doesn't say that, but in my head it's like goals schmoals. We all have goals. Unless you have systems, those goals won't happen. And in the end, even if you attain a goal, it's just for a fleeting moment, and then most people go back. Serene, sadly, even with Trim Healthy Mama, there's been a lot of people that lost like 80lb, 100lb and then reverted back. And it's sad, and you have to wonder why.

S And it's not just with Trim Healthy Mama.

P It's with everything.

S My favorite show from ten years ago, Biggest Loser, they'd go back to see, and a lot of people...

[00:25:17]

P Well, it's much more with that, because that was more extreme.

S Yes, exactly.

P At least, Trim Healthy Mama's much more doable. But still it happens, and I had to wonder why. But he's giving us very solid answers here, because he talks about if you're not loving your systems, systems that you make in your life, any goals are just so short-lived. The systems are the permanent things.

S Yes.

P And once you learn to love the way that your life is set up, goals don't even matter, but you reach them, but then they last for the rest of your life, because your system is in place.

S And that's why I love the sustainability of Trim Healthy Mama, because the system is just enjoyable. If your system is a 30-day shred, that shred may not be maintained, because your 30 days was absolutely miserable if it's too many large, uncomfortable steps to get there, right.

P Yes.

D Do you think some people enjoy the busyness of working towards the goal, then they hit the goal and it's like they lose the fire, like, I want almost need my little hobby?

[00:26:18]

P Well, I think...

D Because I love end... I love to close it and move on.

P It's because they were going on motivation and goals rather than on systems.

D Yes.

P That's what I've learnt through this book. Because if your system's place, that's the way your life runs.

D Well, system's another way to say the word Lifestyle.

P Exactly, Danny. It's lifestyle. But listen to what he says, I'm going to keep quoting him because he puts it in such good ways, a system's...

S You should get a royalty.

P I know, I know. A system's first mentality provides the antidote. When you fall in love with the process rather than the product...

S I feel happy just hearing that.

P Which is why I said It's the Journey Not the Goal for the name of this whole PODdy.

[00:26:58]

You don't have to wait to give yourself permission to be happy. You can be satisfied any time your system is running. And a system can be successful in many different forms, just not your first envision. Okay, true long-term thinking is goalless thinking, goal-less. That's pretty interesting. Maybe you disagree or agree with it, but he says, it's not about any single accomplishment, it is about the cycle of endless refinement and continuous improvement. Ultimately, it is your commitment to the process that will determine your progress.

S Hey, guess why, because a goal is just a ceiling too.

P So true.

S Let's just get to that. And I love that scripture in the Bible, the path of the righteous shines brighter and brighter. And maybe there's a goal of, I want to be this kind of level of brightness, but, really, the beauty of it is God sees so much more that He wants to download into your life, as far as light. And I feel like when we just have a goal, we just maybe have... We don't even know to keep the system going so that we can get to something beyond our imagination.

[00:27:59]

P Hey, you're listening to the PODdy with Serene and Pearl. And I'm Pearl. And who are you?

S I'm Serene.

P Hey, I have an announcement. This is Pearl here. I am still actually still shaving my legs and under my arms during quarantine. Serene, are you?

S Oh, more so.

P More so? Why? How so?

S Well, just because I'm just more in touch with... Got time to see that they're hairy.

P Oh... Hey, we're going to talk about Billie. This does relate.

S Yes.

P Self-care and routine are important, especially during quarantine.

S Meet Billie.

P I don't brush my hair some days, but I have been shaving under the arms more.

S I have been. Actually, I think the reason is it's because it's getting springy, and the shorts are coming on.

[00:28:42]

P That's right.

S That's the reason why.

P Okay.

S Yes, corona can't get the glory. Okay, so, listen, I want to introduce you to Billie. Billie has changed my life. I don't know about yours, Pearl. Has...?

P In the way I shave, yes.

S Well, it's changed my life in the fact that I used to be the one that'd go to the store and have to look for the lady with the key to open those special plexiglass boxes...

P With the shaver.

S With the expensive shavers, because I would get the rashes and...

P If you use cheap junk.

S Yes, if you... Yes.

P Have you used your husband's razor and got a rash?

[00:29:14]

S Oh, it's terrible.

P Everybody has.

S I got the worst rash my wedding day, because I thought I should shave five times to be extra-smooth. It was so bad. If I knew Billie back then, boy.

P I know.

S Listen, I love Billie too, because you don't have to visit the store. You don't even have to drive there. You don't have to find the lady with the key. No breaking the bank either, because Billie has a starter kit for just \$9. And that includes their award-winning razor, two refill blades, and the magnetic holder, which has changed my life, that keeps your razor safe and dry in-between uses and doesn't fall on the shower floor and get all yucky, because those lick-and-stick ones...

P They fall on the floor.

S They fall on the floor.

P Listen, Billie is out to change more than the way you shave, though. They've also come out with some new products. Their shavers were so awesome, they've actually come out with some other stuff, like dry shampoo. You should go check it out.

[00:30:13]

S Whoa.

P Go to mybillie.com to meet the razor. Meet this razor that has changed Serene's and my life and that made everyone start talking about razors.

S Yes, listen, I talk about razors a whole lot more. I never used to talk about razors. But all of a sudden...

P You never hardly used to shave your legs.

S Well, I did...

P Barely.

S Not in the winter. Listen, I just want to say this, though, I talk about razors now. If I hear anyone talk about shaving, I pipe up like I'm a know-it-all Billie lover.

P I know. So go to mybillie.com, that's M-Y-B-I-L-L-I- E, dot com, slash trimhealthy, and get the best razor you will jolly ever own. It's just \$9 to get your starter kit, plus free shipping always. Go to mybillie.com/trimhealthy, and spell it, Serene, spell mybillie.

S MYB I L L I E.com/trimhealthy. This is the PODdy with Serene...

[00:31:12]

P And Pearl.

S Get it right, it's P-O-D- D- Y.

P I think of our journey, I never knew, and I think God's got so much more for me, but I never knew I could be here. When we first started, and in many ways in my life, but I'll look at the health journey, when we first started Trim Healthy Mama, first of all, we lost our fear of fats and meats and things like that, because we had fears of them, coming from a vegetarian lifestyle. And wasn't that freeing?

S Ooh!

P Don't you just think we've attained, man. We're there.

S Yes.

P But then little by little we saw other chains in our life. We saw a little of the things where we still weren't free.

S Yes.

P And we kicked them out. We learned freedom in those areas. Now we love fruit, and now we don't have fears of it. All these things. And it just gets better and better and better as you keep working towards it and creating habits and systems and not have a limiting goal.

[00:32:08]

S It just reminds me, new peeps in the room, my son battled cancer, and some people might think, well, the goal for us was to see him healed. But we got a joy, it was a God-given gift, of the process before he got healed. It was just a mindset, a lifestyle of walking into the healing so that when... We were already celebrating, we were already there before he actually was healed before our eyes. But, you see, that wasn't the ultimate goal for God to give to us, only that healing. And because it wasn't like, okay, now we have arrived, forget the process, that same process that He taught us to walk into, to Arden's healing, of just speaking over the Scriptures and speaking life over our bodies, that process has healed way more than Arden.

P So true, Serene.

S It's been a ripple effect in this pool up here on the hilltop, that people... We've been walking out of things that I didn't even know I needed to heal from.

D I want to call the PODdy a different name.

P You want to call our PODdy a different name?

D No, just the title of this one.

[00:33:20]

P Oh, please, I'm open to it.

D One Degree Away From Success.

P Yes, you are, hey.

S Yes, it's good.

P I'll take that into consideration.

D From 31 to 32, right.

P I know.

D Well, it's actually 32 to 33. Because 32's frozen.

P It is. 32 is where...

S I like that, 32 to 33.

P But is that going to cause open emails. It's all about the clickbait. I hate having to write clickbait every week. Every week, John, Producer John here sends me the PODdy, and it's like, right, clickbait, Pearl.

D Well, because I think the phrase, It's About the Journey Not the Goal...

[00:33:47]

P Yes, it's been done.

D I've heard it.

S Oh, it's been done.

D And it's so powerful, I think it should be repeated over and over, but One Degree From Success is kind of like a book title.

P Is better.

S Or just 32 to 33. I'm like, what the heck?

P Look what he says here. I keep quoting him, but just underlying little things in the book...

S If that's a swearword to you, I apologize.

P Underlying things in the book. James Clear said, you do not rise to the level of your goals, you fall to the level of your system.

S Oh, yes.

[00:34:10]

D Okay.

P I have to have systems in place. Because, guess why...

D It's true.

P Habits are what make our goals, right. But it's very interesting, we have to make habits habits, because sometimes even habits can just be goals. I have a goal of having good habits.

S Yes, yes, yes...

P All right...

S But there's no action there.

P There's no action.

S A goal is just a pie in the sky kind of...

P So we have to do things, and there are certain ways that we can make habits habits.

S Get practical, Pearly.

P We can make habits very appealing, very rewarding.

D Oh, a goal has no accountability.

[00:34:48]

P No.

D You can say it, you can talk about it to your friends, you can post a meme about it and tell everybody what your goal is. There's no accountability. Habits, boy, if you're claiming you've got a habit, that's something you've got to deliver on.

P Yes...

D Oh, my habit is to work out in the morning. Is it? Well, what's that mean for tomorrow morning.

S Yes.

P Well, and how do we do that, you see?

S Yes.

P There was a study, and they tracked three groups of people about exercise. They wanted to find how people, not were more motivated, what got it done in people's lives. So they told one group, go write down your exercise habits, just so they'd be more mindful. When you track things... People say, journal your food, because they think they do better. The next was to people, go learn more about the benefit of exercise. Okay, they did those. The third was, go tell us when and where you're going to exercise and what you're going to do, write it down. So this is interesting...

S I want to hear.

P The first two groups had improvement over a nothing group, okay. But the third group that said when and how and when more than doubled. 91% of them did more exercise.

S Do you know, can I just share one thing, one second? I have this little trigger in my head. I have breakfast, and then I pour myself a green tea real quick.

P You go, Serene.

S But my trigger is, as soon as that green tea is done, and I squeeze the little bag and have that last little squeeze, like I squeeze at the end to get all the polyphenols in and then just down it, that's my trigger. You just go upstairs, Serene, you just go upstairs.

P Well, Serene, you're brilliant...

S You just go and exercise.

P And that's why you're successful.

S My tea is my trigger.

[00:36:31]

P That's why we should all emulate you, because he talks about cues. Habits only happen with cues, and the more visual they are, or the more significant they are to you... You know how you said you get your green teabag and squeeze it, and that's what spurs you?

S Yes.

P Well, he said, we start to cultivate these things in our lives. So let's just say you want to start dinner at four, you make your habit easier. So at lunchtime, you put the things that you need to start dinner in the very front of your fridge, you rearrange them. Or, like you say, after breakfast, this is what I've started doing, I will put on my exercise shoes...

S That's great.

P That's my habit, because to me to say, after breakfast, like at ten o'clock, I'm going to exercise, no. For me, I have a horror in my brain, it's like a horror movie.

S And, also, you have to put your shoes on then...

P Yes.

S Before you have to exercise. But when they're already done...

[00:37:21]

P They're already on.

S You're one step ahead.

P Make them as easy as possible. Here's another one I have. Okay, so that then makes it so easy for me to run up my stairs around ten, oh, it's ten, yes, got my shoes on, it feels so easy, and just go do it, it's so easy.

S And you've got the visual image of an exerciser.

P Yes, so now those of you guys who are not staying at home during the day, you can do other things that will make you... But here's another thing. If you want to have a salad every day, here's a cue if you're staying home, or even if you're going to work. After your breakfast, you don't finish your breakfast, the next thing you do is you put your salad plate and knife and fork, and you put it out on the counter, because it's a visual cue, it means you're going to do it. And that makes it so much easier, it makes it deliverable.

D Yes, salad must come here.

P Salad's coming.

D Yes.

P It's just coming, because the visual is right there.

[00:38:11]

D Who am I to stop the salad from coming?

P You're not going to stop that.

S What do you mean by you don't finish your breakfast? You mean even before you finish?

P No, you finish. So you make a habit of, when I finish breakfast...

S Oh, yes.

P Like your tea thing, Serene...

S Yes, yes, yes...

P I don't just walk out of the room. The next thing is I pull my salad plate down.

S So, basically, it's like a tease, like go back to TV days where TV was like the thing you did, but before the ad, almost, it'd be like, but come back for blah-blah-blah...

P Exactly.

[00:38:38]

S It teases the next...

P The tease.

S The next issue is the tease, so we have the tease in our brain. What are we going to do next?

D The tease, man.

S Whoa.

P Okay, I was going to say something, and then it just went.

S Oh, I'm sorry, Pearl.

D This may sound tedious, like, oh, this is something to do and keep up with. You know what's way more tedious? Being super-unhealthy.

P Oh, I know.

D Like get over it.

P But these are fun things. We all do things every day. You could make a list of the things you would do every day. You wake up. Then what do you do?

D Grab my phone.

P You turn your alarm off, or maybe...

[00:39:07]

D I grab my phone.

P Grab your phone. Okay, then you do something else, and then you do something else. But these are compound things that we can stack, we can change, and we can have systems that are fun, but they're just better than the systems we already have.

S Like to the Drive Thru Sue.

P Yes?

D Let's hear it.

S Because a purist has to do a lot of systems for the things that she says that she loves, it's like that's why I feel like I enjoy my Yuck Yums every day, I do well on Yuck Yums, maybe not everybody would...

P For new peeps in the room, that's a Yuck Yum Smoothie.

S Double-fermented, whole milk kefir, but I really thrive on it. But it's a system. Every day at a certain time I get the strainer out, and I strain my kefir. And when that kefir then is sitting on my bench, just all looking so like an empty canvas to fill with incredible flavours, every time I walk past it, I'm like, Yuck Yum is on the way. But it's the straining that triggers me to have it.

[00:40:06]

P Serene, I look at your life right now, and your life is actually a life of very strong systems. I don't think my life has had as strong systems as you, but I'm implementing them now. Here's another one that I've started to do, because I have been very good about working out. I do my Work-ins. Well, now I've started dancing too, like four, five times a week. But I also wanted to keep up push-ups, just because I feel like I want my arms to be... I feel like every person in the world should know how to do ten push-ups well, female or male.

S You doing the man ones?

P I do a combination of both, Serene.

S Good on you, mate.

P But I never would do it, I'd forget. Same thing with making my bed, but now I have cues...

D You do push-ups every day?

P Not on the weekends. But here's a cue, and it's no big deal, it's nothing now, it's not even a habit, because it's a cue, when I turn my water on for my shower, while it's heating, I get down, I tell myself, one push-up, Pearl...

S Oh, that's fantastic.

[00:41:02]

P Well, one is ten.

D Yes.

P Why don't you do the other nine, and you're done there?

S Yes.

D Yes.

P Well, I do ten mate, which is not even a lot...

S You do ten mate?

P Yes...

S Good on you, mate.

P Or I get down and do 30 female. Big whoop, it's nothing.

D You mean mate, not using your knees?

P I just mean full ones.

D Full plank.

[00:41:17]

S Yes, that's pretty great.

P Full plank, no, but that's not a big deal. You can work up to that if you're not up to it.

S Because I'm protecting my abs, just because of having the babies...

P Yes, you're still in baby season.

S So I just do it against my counter where I do my makeup.

P Just as good.

S And just before I do my makeup, I just do my ladies' arms against the counter.

P Actually, I feel like that gets the arms even more.

S Oh, does it?

P But I'm just doing this thing...

S No, I'm proud of you on the man's... Woohoo.

P Where I'm just like I'm past my reproductive years, I've got my core all gathered...

[00:41:39]

S Yes, good on you.

P I'm in good enough shape to do it.

D Yes, you can safely do it without the...

P Yes, I can safely do it.

D I think, for me, if you... I'm just going to say it, because I can talk to men, right?

P You can, Dan.

D If you can't do 20 push-ups, you're just atrophied.

P Yes, you should be able to. You need to.

D You need to get on it.

P And, listen, and you don't say to myself, I need to be able to do 20. That's what this other book that I was reading, called Many Habits For Life, he could not get, this author of it, he couldn't get himself together to work out, and he wanted to. So that's how he started the whole book. Get down and do one push-up. But it's like, well, you're down there, right.

[00:42:14]

S Because you know it, right. If you do one, you're already a hero.

P You're already a hero. If your goal was to do one, and you nailed it, you're like, I'm such a champ, I'm going to do two.

D Hey, and I'll tell you this, from somebody who's married to a wife who is very low-maintenance, non-materialistic, etcetera, etcetera, etcetera, your wife will dig the physique if you start doing push-ups every day.

P Oh, man, when my husband does push-ups, and he started back... He took a long hiatus, because he's not much of an exerciser...

S I love that, a long hiatus.

P But he has been back. And he always wants me to know about it.

D Yes, yes.

P And, boy, I give him good payback.

D Good, good.

P I'm like, you're the hunkiest man, you are, my goodness, Honey. It's so sexy!

D Always notice it, yes. Always notice it.

P Oh, yes.

[00:43:07]

D Day one, if he's done five push-ups, you won't see any change, just see it, choose to see it and tell him he's...

P But it's degrees, right? One push-up is that change towards...

D Do one push-up, yes.

P The rock spurting out water.

D Yes.

P It's one, it starts with one.

D If you're a guy listening, just drop and do one right now. Just break it out.

S Yes.

P It's just one.

D Just get it. let's go.

S Maybe your cue is just one. Yes, just do one.

P And one leads to 20...

[00:43:30]

D It does.

P And 20 leads to whatever you want it to be in life, winning 66 gold medals. Hey, you're listening to the PODdy with Serene and Pearl. And I'm Pearl. And who are you?

S I'm Serene. I want to talk about Buffy. Buffy has created the best comforter you've ever slept with. Now, I'm just not saying a corny line here, I'm saying something I believe in. And I tell you why, before I had Buffy, I would get this situation where I would want the comforter on me, but then it would get so sweaty hot, I'd be pushing it off in the night. But then that felt like vulnerable, like, ooh, the monsters could get me, you know, kind of thing. So I'd pull it back up, and it was just this constant pull off, pull up, all night long. But with Buffy, I feel like it's got its own brain about it and just puts it where I need it.

P Well, it was smartly created to do just that, Serene. And it has over 17,000 five-star reviews through others who are on the page.

S Reviews like mine?

P Yes.

S Oh, man.

P Customers agree it's the softest, fluffiest comforter they've ever tried, and it keeps them perfectly centred all night, with their core centre, not too hot, not too cold.

[00:44:38]

S It's made out of ultra-breathable eucalyptus fabric, which is softer than cotton. So that's why it's so, mmmmm, just soothing and comfortable. And it naturally soothes the skin, so if you have skin that's sensitive to other materials, you won't be sensitive to eucalyptus fibre.

P Also, eucalyptus uses ten times less water than cotton to grow, and its fibre is produced using recyclable earth-friendly solvents.

S And, to boot, Pearly, it's hypoallergenic, and it has a high thread-count, which shuts out dust, mould and mites for a healthier sleeping environment. And that's something that's pretty huge for mothers who are dealing with children who have asthma, especially in the evening, and they're up all night dealing with their children having a hard time sleeping. I remember you, Pearl, even though one of your children didn't suffer with asthma, every night they went to sleep, they'd get stuffy noses.

P Yes.

S It's probably the blankets you had on them.

[00:45:29]

P Absolutely, mine were filled with dust. Not any more. Hey, but this is the cool thing about Buffy, and this is, basically, its claim to fame, that the inside of each comforter is made from 100% recycled water bottles that are transformed and given a second life as a super-fluffy fibre.

S Hey, I'm not one of those greenies that want to chain themselves to trees and be all way out, right, but I do care about having a beautiful place for my great, great, great grandchildren, and that is a huge thing for me, because I hear there's like plastic all put together, like the size of Texas, in the ocean that's just naturally whirled together.

P Yes, it's sad.

S Yes, and I don't want that. So thank you, Buffy.

P Thank you. But this fluffy fiber, Serene, it feels even softer than down. You know how grandmothers' quilts were all filled with down?

S Yes, they were soft, Pearl, but they were pokey.

P Yes.

S Do you remember when the little quills would come out and poke you?

P Yes, but each Buffy comforter keeps 50 bottles out of the ocean, Serene, so there you go. And the average down comforter harms 12 geesies. We just need to let the geesies live.

S Yes, totes.

P Hey, you can try a comforter in your own bed...

S Lay the golden egg.

P They can lay the golden egg that won... Hey, you can try a Buffy comforter in your own bed for free. If you don't love it, return it at no cost. For \$20 off your Buffy comforter, visit Buffy.co and enter trimhealthy.

S Can I remind them, Pearl?

P Yes.

S That's \$20 off your Buffy comforter at Buffy.co. And don't forget to enter...

P Spell it, Serene, Buffy.co.

[00:46:55]

S Trimhealthy. Oh, Buffy.co, it's B- U- F- F- Y.co.

P Trimhealthy is the code.

S This is the PODdy with Serene...

P And Pearl.

S Get it right, it's P- O- D- D- Y.

P What about little things? We all want to do more. This is something that I've noticed in my own life, right. It's visual cues which we don't have time for, so I'm going to get into the visual cues. There's going to be a Part 2 of this, because there are other things that are really rocking my world, very practical. Okay, I'm not getting to the visual cues yet, but I want to say, even if you want to spend more time in the Scriptures, but you day goes, and this has been my problem, I wouldn't have a time and a place...

S Yes.

P But what about just then figure out when and where your habits can live in this world.

S Yes.

[00:47:43]

P So is it after breakfast? As soon as you've finished breakfast, you take out your salad plate, then you sit down and you read one Scripture.

S Yes.

P One, and you ruminate on it, that's it.

S Yes.

P Because what's better than one? And maybe if you're not a Christian then, what you do is you say...

D Read one from the Book of Lucifer.

P Yes, or you say one thing I'm grateful for, and then you breathe in deeply five times, because that settles your cortisol. Or what about little things like, before you eat, so eating is the cue, you breathe in and you breathe out, and you let go of stress, just once. How much better is your digestion going to be?

S Yes.

P All these tiny, little cues, right?

[00:48:23]

S Or maybe it's like you don't even have time to read. Maybe you're just whatever. I brought myself a little hydro-speaker, and I hang it on the glass shower, so then I know that when I have a shower, I just pump in audio Bible. Maybe you want to pump in, you're not a believer, you want to pump in positive quotes..

D Luciferian allegiance statements and maybe a little prick in the hand and a little blood oath. I mean, whatever.

P So if you're not a Christian...

D If you're not a Christian...

P You must be a Lucifer follower, Danny? I know we've got quite a few people that are probably in-between somewhere.

D I do the speaker in the shower, but mine is chill house music.

S Oh, yes, good on you.

D That gets me into state, dude.

P Best time to dance. Best time to dance.

D When that comes on, it's either chill house, which is more of a beat, or it's ambient, which is real meditative. But, man, that's my trigger. When that music comes on in that hot steam, I will actually do a motion.

[00:49:15]

P Yes, you should.

D Let me tell you the motion I do.

P Yes, can you stand up and do it, please?

D Yes, I'll stand up. This is...

P Yes. And we'll describe it as you do it.

D This is me. So shower's on, steam is happening. Oh, also, I just use the window light. So in my spa, which is my tiny five-by-eight bathroom...

P It's your spa, and this is totally scientifically, everybody, though. We've gone into this. This is totally healing your body, because dance movements heal.

D Yes.

S Yes.

P Music heals.

D Heat therapy, etcetera.

[00:49:43]

P Heat therapy. You've got like five different things going here, Dan.

D I do. So only the beautiful 5,600K light from the sun coming in...

P There you go, sun heals, okay.

D Oh, yes, bring in the sunlight. None of this yellow to conflict with it.

P No.

D And I imagine, because, for me, I always have 67 things in this cloud that's swirling around me that I have to maintenance and...

P In your brain, yes.

D And instead of writing it all down, I just think of it constantly in an anxious psychosis, right.

P Yes.

D Instead of just handling it like a businessperson, I have to just keep it on my chest and freak. And so what I do is I take my hands spread out, and in them are all of those 67 things.

P Yes?

D And then I start to move my hands from spread out...

[00:50:35]

P Hey, everybody, he's moving his arms together.

D Closer in, closer in, as if I'm showing you how big the fish I caught was, but then I'm getting smaller and smaller...

P They're now at his chest.

D Right, and so I bring it all in until my hands touch together like in a prayer motion.

P Oh, there you go, Dan. Give it to God.

D And what I do is I, I do this every day, I haven't even told anybody this, except my wife...

P The World of Dan, the Hidden World of Dan.

D The Hidden World of Dan. Narrated by Morgan Freeman. Okay...

P In your dreams!

D And so when the hands come together, I imagine that I have compressed all those things into this laser, one focal... And I decide in that moment, I've already decided in my brain that when my hands touch, I'm going to have come to the conclusion of the one thing I need to accomplish today.

[00:51:23]

P Yes.

D So rather than all the various things of connecting with every member of the family and returning the email and getting back to this person, and securing the flight, or whatever it is, just what's the one thing I need to accomplish? And that one thing is in this, I don't know why it's green, it's in this green laser that is just pointed at my future and my goals and who I am and what I'm doing on this planet. And then I just, when spa time's over, I just go do that one thing.

P But do you do a movement, a jive too?

D Sometimes there's some dancing.

P Yes.

D Oh, yes. It all depends on how deep we want to go.

P No, but, you see, that's good, because you're visualising and you're utilising all of these things.

S Because it's seeing, he's seeing something...

P He's seeing.

[00:52:04]

S And that...

D Yes.

P But we don't have time, so it's going to have to be a Part 2. But here's one thing, we'll get into all the visual cues, because there's a bunch of practical ones for the journey. But before we get into the ones for our physical Trim Healthy Mama journeys next PODdy, I want to tell you a little story about me and how powerful visual things are for habits. So I had brought these two awesome Bibles, because I find that I need God's word, at least one scripture, before I go to bed, because, naturally, I'm like Danny, we could get night anxiety in our own flesh. So I, basically, have to put on the mind of Christ and ruminate on scriptures, and it just calms, it gives me such peace throughout the night. But I brought this awesome, leather-bound New King James Bible, plus a Passion Bible, and I'll go back between. The two of them are always by my bed, right, the last thing I did before I would sleep, just open to a psalm and just open and see something. And it would just penetrate my soul throughout the night.

S Yes.

[00:53:02]

- P Well, one of my kids, or me, I don't know, I'm blaming kids, I've blamed every single one of them, has taken my Bibles. The last couple of weeks, I can't find them anywhere.
- D Oh, they do. They lose all your stuff.
- P So I took Autumn's. Yes, she didn't like that.
- D It's probably her, and she probably stole it.
- S Don't you love these Bible thieves?
- P Yes, but I don't know what happened.
- S It's really biblical.
- D I know.
- P I took them someplace, I put them in some cupboard.
- S It's really...
- D How ironic.
- P But they're not by my bed. Well, let me tell you, I am not getting my Bible reading done, nothing. Nothing is happening. And then my night-times have been... Oh, I just need my Bible back, folks.

[00:53:33]

- S Remember, I came back from Australia, Pearl, I was just such a fighter? Remember?
- P Yes! You were a fighter.
- S I'd gone from being the pure in heart to the fighter, like sensitive and taking everything personal. Remember? Because I couldn't download my Bible over there on my phone. I had no service.
- P I know. Well, I've been a couple of weeks without the good old Word every night. I snatch it on the internet sometimes during the day. But I tell you, it does change ourselves. The Word renews our minds.
- S Yes.
- P Just recently I was telling you about it, Serene, oh, we've got some... I guess whenever you're a brand or people who put yourself out there in the public, you've got people that hate you...
- S Yes.

P I mean, we've had bloggers... Remember the ones that said that stevia causes abortions and we know it, and...

[00:54:16]

S And that we were killing all the babies?

P Yes.

S Yes.

P Well, those people still don't like us, and they're... I was getting real anxiety about it all. It's like, what if there are enough blogposts that can really harm our brand, and the lies, and what can we do about it? And I was just telling all this to Charlie, and he was like, Pearl, Jesus had so many people hating Him. Why are you caring? Bless those...

D Haters, don't hate.

P Bless those who persecute you, Pearl.

S Yes.

P We don't know what's going on in their lives.

S Yes.

P But because I wasn't having the Word renew our mind, I was full of fear, full of anxiety, whereas I just need... And he reminded me of the Word. I was like, yes...

[00:54:54]

S He's such a Word guy.

P Oh, yes, okay, we live in a different mindset.

S Yes.

P God tells us to think differently.

S Yes.

P I have to put on a new mindset and think differently about that. So, yes, I need my Bible next to my bed. I'm going to have to order a new one.

S It's a cue.

D Let them drink the Haterade.

P Yes.

D To quote the prophet, if you only have 12 haters, you need to figure out how to get to 13 by noon.

P Is that right? And which prophet is that?

[00:55:20]

D I can't remember.

S Danny.

D It's in the Book of Hesitations.

P Yes, hey, so there's going to be a Part 2 next week, guys, because it gets good.
See ya.

[00:56:08]