



**Trim Healthy Podcast with Serene and Pearl**  
**Episode #188 – Are you Generous or Stingy With Your Health & Identity?**

(AIR DATE:09/02/2020)

*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 · L= Lesley · J = John

[00:00:00]

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S This is the PODdy with Serene...

P And Pearl.

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

D People from all over the world, it's the Trim Healthy Podcast with your essential hosts, Serene and Pearl. And I'm Danny. And we're so glad that you are listening to us. After all these years, we're still rocking your world. What? You're rocking our world. Let's do this.

[00:00:48]

S I wish that people could see his expressions on his face. It's like his nose was all twisted with excitement.

D In fact, that's a new phrase. When somebody's like, how do you feel about this...

P You've got the nose.

D I'll tell you how I feel. My nose is twisted with excitement.

S Oh, my goodness, that's funny.

D My cheeks are puckered with glee.

S Hey, so the other day, hey, listen, I'm about to do something Pearl's not very happy about. Because she's like, well, you know, we've got so many different kinds of listeners, and you're opening up with a Scripture and...

P Yes, sometimes... No, people love that you bring the Scriptures, Serene. Sometimes I just, I want you to bring them, I just get concerned that if the first thing... It says we are only speaking to a certain audience.

S I'm speaking to you, Psalmer and all your wonderful pals.

P Okay.

[00:01:35]

S Yes, it's just because, hey, this is just...

P All you heathens, you can listen if you want, ya heathens.

D Ya heatherns.

S No, listen, it's just that I got... The point, actually, is very practical. When I open it up for you and Danny, Pearl, the point is going to be so jolly practical. And the Bible is so jolly practical. And I got the inspiration from my readings. So there, how can I change that?

P You can't, love.

S Okay, so this is the Passion translation of 2 Corinthians 9:6. And it actually starts, it's not me talking here, its starts with, here's my point...

P You're good. No more apologizing for the Scriptures.

S Here's my point, a stingy sower will reap a meager harvest, but the one who sows from a generous spirit will reap an abundant harvest. And I'm like, whoa, I know what you're talking about, God, but I know that sowing and reaping is on every subject out there. It's a law, it's a spiritual law, just as set in stone as gravity. And I ...

P And a physical law.

[00:02:40]

S Yes, so that's what I'm trying to say. So I can actually put this into my... It just went straight, boom, like generosity with my health. Am I going to be a stingy

sower, and I'm only going to reap a meager harvest with my health? Or am I going to be sowing with a generous spirit into my health?

D Oh, I love it.

S So that's what we're going to talk about today.

P Oh-la-la.

S But then I'm just like, hold on, hold on, I'm going to do a bit of a study here. So I went all super-spirrah, Serene, and I went and did a little study. I'm just going to read these verses real quick, Pearl.

P No, you're good. You do you.

S Galatians 6:7. Do not be deceived. God is not mocked. For whatever one sows that will he also reap. And Galatians 6:9. And let us not grow weary of doing good, for in due season we will reap if we do not give up. Because, you know what, this is me talking now, the harvest will come. And some crops take longer.

P They do.

[00:03:35]

S Right? Some crops we just got to wait with expectation, but they will come. So we don't get all exhausted after we sow, sow, sow, sow, because it will come. But, anyway, Luke 6:38, Give, give, and it will be given to you. Good measure pressed down, shaken together, and running over will be put into your lap. For the measure you use, it will be measured back to you. Just thinking about this, Dan and Pearl, because we're open up about our health.

P Yes, Dan, stop taking selfies, Dan-Selfies.

S Genesis 8:22. While the earth remains, seedtime and harvest, cold and heat, summer and winter, day and night shall not cease. And so that's what I'm saying, this sowing and reaping is a law. And it's in... What do you call it when it's in...?

P Entrenched?

S No, it's in motion. It's in motion right now. And it's not like, well, I can choose to sow and reap this. No, you're already sowing.

P Oh, you're already doing it.

S It's in motion.

P You don't have to become a sower or a reaper. You're already doing it, one...

[00:04:37]

S No, you're already a sower, and you're already a reaper. Just choose what you're going to sow and reap.

P Oh.

S And Matthew, actually, yes, I want to say this, yes, Matthew 7. You will recognize them by their fruits. Are grapes gathered from thorn bushes?

D No.

S Or figs from thistles?

D No.

S So every healthy tree bears good fruit...

P Ooh, healthy.

S But the diseased tree bears bad fruit. A healthy tree cannot bear bad fruit, nor can a diseased tree bear bad fruit. What I'm trying to say is, we're going to sow...

P Nor can a diseased tree bear good fruit.

S Good fruit, yes. Sorry, wrote that wrong. So what I'm wanting to ask us here, what is the seed that we're sowing? Because if we identify ourselves as, ah, an unhealthy tree, a bad tree, thistles, you know, my identity is thistles, then how are we going to be reaping figs? We're going to be reaping thistles.

[00:05:42]

P That is true, man.

S My first point with generosity is this, we have to be generous with our identity.

P Ooh.

S We have to be generous with our identity. We have to have a little bit of faith and hope and a little bit of... What's that thing when somebody is all like up...?

P Swagger.

S Swagger. We have to be a bit of a swagger with our identity. And even if we are walking out of something, and we are struggling with something, instead of the sick tree that's hoping one day to become a healthy tree, what if we're a healthy tree that's fighting off sickness?

P What if that's our identity?

S Yes. And so...

P Oh, Serene, that's good. And I need to hear that. May I interject?

S Please.

[00:06:28]

P Because my Rocky, my son, he's always had a bent for real estate. He's always wanted to do it, and he loves homes and stuff. So he's just started. He's a realtor now. He passed the test, and he's joined a brokerage. He hasn't sold a house yet. He's just started. But I want to give him a dose of realism every day, because every day he comes down the stairs, runs down with such swagger. And he's like...

S And his bursting muscles.

P Yes, he's got bursting muscles now, and he tells me all that he's going to do. Mum, do you know that when I sell my 12 houses this year, that's going to be a certain amount of money, and everyone's going to look at me, Mum, and they're going to say, how did that guy...? They're going to put me on TV, and they're going to say, how is he so young and how did he sell that many houses? And then people are going to be like, they're so impressed, Mum. I'm going to do so well and be so successful that I'm going to get a book deal. Well, that book deal's going to lead to a TV series, Mum, and it's going to be called this. He goes on and on. I'm thinking, this is in my head, I'm like...

S But he's not awfully proud. It's just an excitement.

[00:07:31]

P It's not pride. It's just excitement, and he just wants to speak it. And I always want to say, look, caution, well, Rocky, it's just all about hard work. And we don't know that it's going to be that easy, Rocky. We don't know. Ooh, many of them have to work hard, and maybe you won't sell a house for several months, Rocky. You've got to be prepared for that, Rocky. And I have these thoughts in my head, all these realism thoughts, but something tells me, shut your mouth, Pearl. Let him swagger.

S I love it.

D It's a good shirt.

S So let's be generous with our identity. The first point here with our generosity, because we want to be generous sowers, because we want to reap an abundant harvest, okay, so you want to be a healthy tree, first off, let's have a generous identity. Because you are what you think. Your identity controls your fruit. Healthy fruit doesn't stem from a mindset of brokenness, and it's not woowoo. It's totally science.

P No. We've covered it PODdy after PODdy. People used to say, mind over matter, that's all just woowoo stuff.

[00:08:29]

S Yes, and so all those Psalmer's out there, this is science. Now, this is science. But it's Bible that has been proved by science.

P Yes.

S Right. And so, first of all, we said this in the last PODdy, I don't know what the order of this is going to be...

P Last week?

S When you talked about the Period PODdy, and we talked about identity in there.

P Oh, yes.

S I was talking about our identity, especially if we're believer's, our identity should be incredibly victorious and should be so incredibly... We fight from the victory side. It's like, yes, we might be battling and stuff with life, but we see the end from the beginning. And our identity... And I was talking about how in the Greek the word that's used in the verse that says that we live and breathe and have our identity in Him, that word in the Greek means genos, which means we stem from His genes.

S That ability, that power that's at work in us, all of the redemption of the cross is just flowing through us, and that's our identity. Saved, healed, delivered, sozo, physically, spiritually, in every way. Okay? So let's be generous with our identity. And let's think of some other things that we can be generous with. And, you guys, I want you to be interrupting the whole time. So I put down just a couple of things that I want to be generous... I want to be generous with my dreams, with my goals, not in a weird goalsetting, I want to have a Mary Kay pink car. It's okay if you want that, but I'm not talking about that. I...

P A Plexus pink car, then.

D Again, a reference from 1982, Mary Kay pink car. Like any of that happens...

S Cadillac too, Cadillac.

P It's like Serene's whole knowledge of what goes out in the outside world...

D Pop culture.

P Stopped in 82.

D It's 82, which is a good year.

S See, I've got these generous ideals for myself. I'm planning to live to 120, if God approves. So being 43, I'm like you young'un. I wake up and go, you spritely little chick, you young thing.

P I'm a young thing.

[00:10:33]

D You're still having babies.

S I mean, 80, I've still got decades to go. And at 80, I'm planning on taking up what, some kind of like flamingo dancing.

P Yes.

S Something, I'm just planning on... Hey, I might get some gracious wrinkles and some silvery hair, but I'm going to rock it. I'm planning these. These are my generous dreams.

P Love.

S And so we be generous with our identity, we be generous with our goals and dreams. I'm going to be generous. And I'm generous with faith. I'm planning on never getting a disease. A lot of people plan on that, well, you know, I'm probably going to... My aunty, my mum, my blah-blah-blah. It's in my family. And they almost plan it in their foreboding of a disease. Now, I'm not planning on getting a disease. So I'm going to be generous with my faith and with my hope.

P Yes, why not, right?

[00:11:22]

S Why not?

P You've got two choices, right, Dan, with that.

S Flippin yes, why not?

D I think so many of us are subconsciously... You know how you have a midlife crisis?

P Yes.

D I wonder if we're subconsciously planning our late-life crisis. If I make it to 80, I'm probably going to have a looney-tune breakdown where everything's falling apart, and I'm like a haggardy, old, mean man.

S Yes, a lot of people have so got the awful mindset. My son, he actually started working around some people that started that they were older than they were. And my son's like, yes, I'm planning on living to 120. He gets that from me. Hey, the apple doesn't fall far from the tree.

D We're talking about Arden?

S No, we're talking about Cedar. And this guy and all his friends were like, oh, don't pray that for me. I don't want to live that long. Oh, I don't want to live that long, because they've got a mindset of almost embracing old and rusty.

[00:12:18]

P Falling apart.

D To them, yes. To them, it's suffering to live long, yes.

S So they can't imagine wanting to be alive at 80, let alone 120.

D They're already in backpain and knee pain.

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 Serene and I just love companies that you can buy, purchase from from your own home.

S Can you imagine that, especially as mums?

P So this is what we're doing in my family now. We've got two people that wear glasses, and this is just so exciting. Coastal makes it so easy. Browse and virtually try on hundreds of frames without having to leave your couch. At coastal.com, you can get prescription glasses starting at, listen, starting at \$9.

S What?

[00:13:02]

P With free shipping and 30-day risk-free returns. Plus, they have the most advanced virtual try-on technology you'll find anywhere.

S No way. I can try them on? It looks like my face with that glasses?

P Yes. Turn your frames into sunglasses by testing out cool, coloured lens tints, or finally see what a cat-eye or aviator would really look like on your face.

S It's called aviator, Pearl. Come on, you.

P Oh, aviator, yes. Oh, the pilot-type glasses, yes.

S Yes, but, listen, with Coastal, see, you don't have to spend hours at the store or hundreds of dollars. You could actually even lose your sight by going to the store and accidentally tripping over stuff.

P Good way to sell it, Serene. Go to Coastal.com, pick the frames you want and see how they look on you, on your phone. Then enter your prescription details and just order.

S Coastal has over 2,000 frames to choose from and 24-hour customer support. But, listen, that's pretty amazing, 2,000?

P Yes.

[00:13:59]

S Wow, you're going to get what you want. We're talking about Newsweek America's Best Customer Service.

P And you'll never waste time or money at an expensive optometrist again. Just go to Coastal.com. Now through 31 October, they're offering our listeners, that's you, you Trim Healthy Mamas, the best deal they have going anywhere.

S Do you know what that deal is? 50% off.

P Five, oh.

S 50% off your first pair of glasses at Coastal.com/trimhealthy.

P So this is what you're going to get. You're going to get free shipping, 30-day risk-free returns and 50% off at Coastal.com/trimhealthy. But it's only until 31 October, okay.

S Spelled, Coastal, C- O- A -S -T- A- L, dotcom, slash, trimhealthy.

P You're going to have fun virtually trying on glasses.

S This is the PODdy with Serene...

P And Pearl.

[00:14:52]

S Get it right, it's P- O- D- D- Y.Okay, now listen to this crazy thing. It doesn't even relate.

P Okay, I'm going to say something after that. Yes.

S Gives me hope, right, with this wanting-to-have-a-baby thing. No, you say.

P No, I was just going to say, I know a lot of people are listening, and the thought that comes to me, because my brain always plays devil's advocate all the time, so, therefore, I'm taking every thought captive, and I think, but, Serene, you know, you don't know what I've gone through. So what happens then if you plan like never get a disease, and then, this world is a fallen world, imagine the disappointment, and you could lose faith in God. Why are you telling people to do this? And then what if that happens? Maybe you're causing people to lose faith in God, Serene.

S Well, first of all...

P I'm just bringing that. I don't...

S Yes, can I just touch that real quick?

P Agree with it, but I'm bringing it.

[00:15:34]

S First of all, faith in God, I'm not saved for a blessed life. I'm saved because without Him, I deserve death because I'm a sinner.And I know that I'm a sinner, and I know without God, I'm a nasty. I just know the flesh that's inside of me. So I know that I am saved for eternal life. I'm not saved to be blessed. Just so happens that being loved by the Creator, you are blessed. Now, that doesn't mean you're not going to go through stuff.

P Yes, go through...

S So I'm not going to lose my faith, and I don't think people, if they got saved because they realised Christ's sacrifice for them, then it's not all about the blessings. So if you go through stuff, you don't lose faith. because you don't get saved for a perfect life, right?

P Right, but I think a lot of us take it on almost, because it could happen. We prepare ourselves, and then our whole body gets ready for the... Ooh, there's a... One in seven women get breast cancer. That could be me. I'd better prepare myself for it.

S Well, having walked through something like that, let me just tell you my ideas. With Arden...

P Your son.

S Arden, my eldest son, he actually had a battle with cancer. And it was very aggressive at the time, and it was freaky. It was not just a little, mild thing. All right, so I was faced with the preparing-my-brain situations. And I'd be like, faith, faith, faith, faith. And there was little nagging thought in the back of my head, well, Serene, what if it doesn't work? What if? What if? What if? And do you know what I had to do with those what-ifs? And it wasn't easy. And it was only through the power of God, as I felt Him say to me, there is no Plan B. You don't go to Plan B. You've only got Plan A, because faith only has a Plan A. And it's faith that moves mountains. And God's sovereign over all. Some people have cast... And that's not like, oh, but they didn't have enough faith. I'm not saying that at all. Because God is sovereign over all. But He does call us to faith no matter what He chooses.

P Yes.

S And so our job is to never have a Plan B. It only pleases Him when we don't have a Plan B. I think planning for the negative is not the way we're designed to live.

P And that doesn't mean you can't use things that heal, like doctors.

S No.

P All of healing doesn't mean...

[00:17:45]

S Healing is faith, practical is faith.

P It just means saying, you know...

S Faith without works is dead.

P Yes.

S And works can be like, well, I'm going to practically support the miracle I expect by eating a salad and taking my herbs. I'm not going to undo the miracle.

P Truth. No, I just think that what you said, I plan to never get a disease, okay, that sounds so out there in this day and age, because most people are planning to get a disease.

S Yes, they are.

D So true, yes.

P So it sounded out there.

S It sounded arrogant.

P But, Serene, I love it. You know what, we had this makeup artist once, and I've adopted this, I totally stole it from her, Cherokee. I think she listens to this podcast, and I love her. We were talking about things, and she was talking about cancer. And she said, yes, I think it was in her family or something, she said, but my body doesn't cancer.

[00:18:36]

S I love it.

P I'm not afraid of that. My body doesn't cancer.

S I love it.

P And I was like, how great. She's telling her cells that. Okay, you've got two choices. You can go around saying, well, it's in my genetics, and I've got this gene. You can say all that, and your body's hearing it and your cells are hearing it. And, scientifically, you're...

S It's sowing and reaping, Pearl.

P Setting yourself up for it. Or you can say, my body does not cancer.

S I love it.

D Flip out, man.

S I just love it.

[00:19:05]

D You guys must've read my book.

P Oh, we have.

D What If You Could, on sale now.

S What if you could not plan on getting a disease?

P What if you could?

S So I'm going to be generous with my positive words, and super-psycho-stingy, like a total... What are those nations that are stingy? Scots?

D Wait...

S A frugal Scot. I'm super-stingy with negative words. It'd have to be like...

D I thought you were going to say, like those stingy Scots. I was like, whoa.

S Well, I'm a Scot, so I can say it. It's because you're a bit like Mexican...

D With Mexican for me?

S So you can...

[00:19:36]

D I grew up in the hood, though. Wow.

S But I'm going to be so generous with positive words, they're going to be wanting to tumble out of my mouth.

P And you're stingy with what, negative words?

S Stingy with negative words. I don't even want to let a penny go with it.

P Oh, you're a miser. Yes.

D Like a stingy person from Scotland.

S Yes.

D Wait, it doesn't hit like you said it, for me.

P It doesn't work, really.

S It's like if the negative word needs to be said almost, I'm still going to be stingy with it.

P Ooh. You can't...

S I can't give to that.

[00:20:03]

P Can't give it.

S No. I'm going to be generous as Topo Chico.

D Oh.

S And this is a big point.

D Just the mention of the name...

P That just came out.

D The name above every name...

S But, listen, it's a big point. I'm going to be generous with healthy treats for myself.

D Yes.

S People are generous with cheats. Oh, I just need to have my Häagen-Dazs, my Mars bar. I just need to have my little Twinkies on Friday night while watching my little episode of ER. I don't know what the shows are these days.

D ER.

P ER. She came up one decade. She came from the 80s to the 90s, right?

[00:20:37]

D She bounced up to ER. At least give us some Grey's Anatomy, which happens to be a current show, even though it's nothing at all like it used to be.

S But people are generous with stuff. Every Saturday, I'm going to have my doughnut. I don't want to be too weird, I just want to be able to be balanced. I'm going to have my doughnuts every Saturday. Well, fine. But I want to be generous with healthy treats.

P Yes.

S Because I don't think you can call the cheats treats. Go ahead and call them cheats and have them if it blesses your soul.

P To some people, they're just part of their food freedom, and it works for them, but...

S That's fine, but they're still cheats.

P Yes, okay.

S Because you can't call...

P They're off-plan meals, Serenie.

[00:21:11]

S Yes, whatever, but you can't call poisonous, tasty stuff a treat.

D Yes, like a...

S Because there's no treat to it. It's not treating your body...

P It's not treating your body. True.

D Like a pecan log roll.

S Yes, I mean, yes, you could do it healthy.

P Well, that could be made healthified.

D I was just seeing if you'd notice how old that candy is.

P That was a candy?

S Well, the point remains. I'm going to be generous with Topo Chico.

D Let's go.

S I'm going to save my little pocket money and buy a Topo Chico and put it in my little personal fridge. It's all right.

D Guys, I want you to tell me what you see in this photograph. Can you see it from there?

[00:21:45]

S I saw the... Oh, I like...

P Yes.

D I haven't posted this one.

P Oh.

D What do you see?

S Topo Chico in a glass.

P No, I see Perriers.

S No, I see Topo Chico.

D It's a refrigerator completely filled, top to bottom, with Topo Chico.

P Oh, okay, you were too far away.

D And that would happen to be the fridge in my office.

P Brilliant.

S It's beautiful.

[00:22:03]

D As you said generous with Topo Chicos, I thought of my fridge.

S It's a picture of beauty. I'm going to be generous. And, you guys, I'm setting the stage, and I'm just giving it to you after this and you can tell me what you're going to be generous with.

P Well, I haven't thought this through yet.

S Well, think it right now. I'm going to be generous with myself with early nights and generous with myself with time for happy movement like long walks. People, they slog it in and tick the box often with their CrossFit or their exercise, but generous with myself for long walks, things that are for longevity. They say people that walk more, they live longer, because it's a form of exercise that does not turn cortisol on. I'm going to be generous with love, with the good, old vagus-feeding.

P Hmm, vagus nerve.

S I'm going to be generous with all that I am and have with others, for when you lose your life, you find it. I'm almost done. Generous with laughter. Generous with forgiveness. Generous with hilarity, Dan. Because we know these are all major health gifters, even more than Topo Chico, mate.

P That's so true.

[00:23:07]

S Forgiveness, laughter, love. I'm going to be so stingy with bitterness, and so stingy with list-holding, like...

P Grudging, things that people...?

S Yes, you know when... All my lists are just going to be with what I love about people, not about, you know, I remember last year when she kind of dissed me at the Thanksgiving party, and it's there for life, scratched in pencil on your heart.

D You ladies know your betrayals, you hang onto for your entire life.

P Well, we used to be good at that.

S Generous with non-starchies, generous with the big salad. Go. That's it. I'm passing the baton on to you.

D Go, that's how we do it now for podcasts.

P She threw her journal book, like, I'm done.

D We monologue, and then we say go, and we chuck our book.

S And I'm going to be generous on the PODdy to allow room for my fellow co-hosts.

[00:23:57]

P I don't know, you stole all the good ones. I want to just...

D There's nothing else.

P I want to be your little disciple and be generous and stingy in all those things. I'm at your altar call, and I'm bowing down. I agree wholeheartedly.

S Well, just think, guys, a lot of people want results...

P Maybe Danny had something.

S Go, Dan.

D No, no, I just want to think.

S Remember, I'm going to be stingy with...

D No, I want to think, and I want to be generous with giving you space, because you're on fire.

S No, Danny, you go.

D I recognize when the flame is hot.

[00:24:24]

S Well, interrupt and bulldoze over me, and I will shut up.

D Okay.

S Listen, a lot of people will be like, yes, I want to lose the weight, I want to get healthy, I want to this, and then they're like, well, just give me... I don't want to read the book. No, no, just give me the numbers and give me a set menu and... You've got to be generous almost sometimes with your research, generous with the time that you give to this. Diseases are years in the making, and generous watering of the seed of health...

P So true.

S Is what brings you health. You can't just do a little watering and let it dry out in the harsh sun all day, your health, you know, like in the harshness of a little bit of bitterness, a little bit of that, a little bit of Sprite instead of Topo Chico, a little bit of a...

D Well, I think your perspective is what frames all of this. We had someone write in talk about the rage they feel all the time, right. And it's like, does rage...? And I know, with hormones, rage can just come out of nowhere. But, also, often rage is triggered by something, or anger, or depression, or my life is bad. Whatever perspective you have can trigger all the... I think emotions come from perspective, is my point.

[00:25:37]

P Totally, perspective.

D And when your perspective is good, your whole body is filled with light.

S It's like when your eye is good...

D Or you can say it that way, Jesus. When your eye is good, when your perspective...

- S Isn't it great how even self-help books back up the Bible?
- D Oh, they plagiarise, they actually plagiarise. I dipped into a couple self-helpers, and I was just like, dude, this is ancient stuff. You are rephrasing and putting it into modern language, like ancient truth. And, yes, your perspective, if it's bad, your whole body will be filled with darkness, you're going to be raging. You're going to snap on your kids constantly. You're going to think that your husband is mean to you, or your wife is... Whatever. It's your perspective. And a bad perspective often comes with not having a plan, not really knowing what it is you're doing, or why you're doing it.
- S Which comes back to identity.
- D Yes, something that's been a good tool for me, because I find sometimes that I can go three months and just have... I can't even identify it, but it's like a cloud of problems just constantly in my head that are unsolved. And I manage them by putting them all in front of my brain, like on a chalkboard, in little categories. And I'm like, let me recount my problems lest they get out of hand and become huge problems. Let me make sure I've got each problem managed. And so a tool for me to help has been to actually write them down and then, as if I'm being hired to do it, write down the solution that needs to happen today.
- S Wow, that's
- P So you're generous with solutions for yourself.
- D Yes. So I think, for me, that is a...
- S Instead of being generous with looking at the problem, you're generous with being proactive towards the solution.
- D Yes, because I can spray my orange mist and be like, this will make me happy as soon as I spray this. And sometimes, if I'm in the right mood, it will. But what gives me that long-term happiness is having solutions to these problems, because life will hand you a billion problems a week. And so to really have a practical thing to do is really helpful.

[00:27:58]

- P Yes.
- S I love what you said about practicality, Dan. Because I feel like, you know, Pearl, even I, I mean, we have a generous programme going for our health. I mean, I think you have mapped out how you're going to have breakfast in the sun. You've mapped out how three or four times a week you're going to do your little, cute, little psycho dancing in your room, alone, and you're going to do your little Workin's or whatever. But you've mapped out a practical plan. And so that's bingo, Dan. I love that. I feel like generous with a protocol and solutions and a plan.

D Yes. And I've heard people say, find out the Why. Have you ever heard that phrase?

S Yes.

D Find out the Why. Why are you doing what you're doing? Why are you home-schooling all those kids? Why are you changing that diaper?

S Yes, right.

D Like if if you just got thrown into your life.

[00:28:53]

P Yes, because it's not really that the diaper's dirty. The reason you're changing that diaper is you want to be home with that child, and you want to be the one to do it, in your case.

S Right.

D Yes.

P And when you keep that larger picture, you find the joy then again.

S That's so true.

P That's what our mum always said. She called it, mothers are nation-builders.

S The hand that rocks the cradle rules the world.

P Don't think that you're just changing a diaper. You're changing a nation.

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

S I'm Serene.

S Theragun, just personally, it's been an absolute gamechanger for my son who injured his ankle, and it's been there for a year. And he tried a lot of different things and went to different orthopaedic specialists. But what really gave him incredible help and has really taken a lot of the pain away is the Theragun.

[00:29:51]

P Theragun is a handheld percussive device that uses a scientifically-calibrated combination of speed, depth and power to release the deepest muscle tension. Let me tell you about my experience. This is Pearl here. My husband was in a really bad accident several years ago, and since then, his shoulder, especially his left shoulder, is just so tight, full of scar tissue. And when I put that Theragun

on it for him, it just releases it all and just takes down that strong tightness in his shoulder. It's pretty incredible.

S Hey, but, listen, it's not like a \$19.99 cheap therapy. It's more on the upper end, but it's because it's effective. Believe me, I've tried all of those more expensive things.

P Those vibrating machines that you put on your muscles, back in the old days.

S Yes, the ones you get from Dollar General sometimes now.

P The designers behind the all-new Gen 4 Theragun, they have invented this proprietary brushless motor that's so quiet, you'll actually wonder if it is on, while you soothe your aching muscles with Theragun's signature power-amplitude and effectiveness.

So try Theragun risk-free for 30 days. There is no substitute for the Theragun Gen 4, with an LED screen, personalized Theragun app, and the quiet power you need. Starting at only \$199, this thing is powerful release for your muscles. So go to [Theragun.com/trimhealthy](https://www.theragun.com/trimhealthy) right now and get your Gen 4 Theragun today.

[00:31:29]

S That's [Theragun.com/trimhealthy](https://www.theragun.com/trimhealthy).

P T- H- E- R- A- G- U- N, dotcom, slash trimhealthy.

S This is the PODdy with Serene...

P And Pearl.

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

P I think one thing that I have wanted to do lately is, I think, be more generous with my... Being more relational. I think something has happened to me, and it's full-circle. When we first started Trim Healthy Mama, Serene, you and I, all we were doing, and it was too much, and maybe it was PTSD, whatever it's called, but we were constantly helping people. People were calling us, and we didn't even have a book. And that's why we wrote a book. I'm like, I'm tired of all these people. We have to spend two hours tomorrow, and this one's coming over, they want to learn how to do this. And then we got the book, and everything exploded. And then, honestly, after that... And then we got the Facebook group. I had no time to help individuals. I had to spend my time helping the masses and being a public person. And that's why we're, basically, doing this PODdy, so we can be public without having to go on a plane somewhere.

[00:32:36]

But I think I got to a place where I was like, I can't... I was stingy with myself, because I'm like, I'm public now, I can't be personal with people. That was my day. Back then, I could help individuals. I can't really now. But I found recently I've just been... And I wouldn't even check my Facebook messages, and there were thousands of them, and it was all so overwhelming. I can't reach out to one, because there's 2,000 that I'm not responding to. But lately I've just felt this nudge, like you're personal, Pearl, and go back to your roots. And I've just been talking to just a few ladies online and just helping them, as much as I can, and whatever I've had in my own journey, not just on a PODdy, but personally, and walking life with them. And it's just been so fantastic. And I think, good for me, to think...

S Yes, and good for your vagus, hey.

P Good for my vagus nerve, because it's touching a real person. And I think I do have room to be personal. What was all this stinginess, I can't be personal with people now I'm a public figure? I mean, who are you? Jesus was personal. He talked to the woman at the well, and yet He spoke to the 5,000.

[00:33:50]

S I love that.

P It wasn't, I can only speak to public people now. I'm just way too good to speak to that person. I mean, what junk. So, yes, as much as I can, I still want to be involved with my family and all that, but I want to be personal. I want to be generous with myself.

S Do you know, I think generous is always good. No, I actually think it's always good. I think bitterness... I don't know, maybe I'm just going too far in my way I'm thinking here, and maybe I'm totally wrong, like I'm going too deep and it's totally weird, but aren't all those things like a pulling away and a closing off? Isn't hate something that's more of a cutting off of your heart?

P Yes.

S When something is generous, doesn't it stem from good? I don't know, maybe I'm...

P I think it does. And I think of Jesus, right, the throngs after Him. And He kept giving and giving. And sometimes, though, He'd go be alone with the Father. So there was a sometimes where He'd say, no, my body is weary, or, no, I have to have this relationship with the Father...

[00:34:50]

S Well, it's being generous with personal...

P It was.

S Intimacy.

P It was just being generous with personal intimacy. But He was Yes.

S Not His own intimacy, though.

P No.

S With His Father intimacy.

P Yes. But Jesus was yes. Jesus was yes, yes, yes, yes, yes, yes...

S Can I say something...?

P Come to me, all who are heavy in labor. I will give you rest. I'm just thinking about that. Generous.

S Can I say something to you? You said about peace and getting away and my time. I don't know about my time. I feel like intimacy, you said intimacy, He had to go away, but He was always going away to abide with the Father. I think when we go away to abide with our own minds, we end up coming away with bad thoughts.

[00:35:33]

P I don't know, Serene.

S Introspection. I just feel like it's only healthy for me when I go away and I get with God, because then I come back with the thoughts that are higher than mine. That's what I'm trying to say.

P Well, no, that's true. If we're going to get some time to be... And it's okay to have some quiet time, I believe...

S Yes, exactly, but it's just abide, anyway. You don't have to speak. You're just aware that He's there, and it's just nice and...

P Right. But dwelling on Christ's thoughts is so much better than our own, yes, I think. But I do think things like important for the human body, just sleep...

S Oh, yes.

P Restorative things. Just sitting. And sometimes we can't have peace, like you always say, and things are going to go crazy. But we do have to look after the body too.

S Yes.

P So there's that beautiful balance, I think.

[00:36:16]

S Yes, exactly. But that's the beautiful thing about Christianity. I feel like whenever I'm even having my alone time, I'm not alone.

P Yes.

S Even when I sleep and have that rest, I wake up...

P It's true.

S And I've got a line that my spirit was singing while I was asleep, was some like line. And then sometimes they'll go on themes. Like last week I was waking up through the night, and when I woke up to pee, it was always songs about victory, victory songs. And then another week, it'll be songs about something else. It's like my spirit was still dwelling, still dwelling with the Father.

P Love that.

S Yes.

P John, do you feel like...? You've got a look on your face, like you're agreeing or have something to say?

J I was ready, if you asked Lesley or I for our input?

S Well, you're here.

[00:36:54]

P Yes, that's what I was going to say.

S We're open for that.

P I felt like I was seeing something in your face...

S She's being generous.

P To be generous. What are you...?

J No, it's kind of where Serene left off. I'm actually actively practicing this and have been since the New Year. It's a daily point to be generous with the...This is going to sound a little hypocritical, but my days are a little different than a lot of people's days. Because between the responsibility and the time that this job takes, and because of the way that my personal life is structured, I do all of the housework, all of the cooking, all the laundry and stuff like that, so there's a lot of responsibility there. And then time and attention to wife and kids and pets. I don't have any time for me.

S And when he said pets, that wasn't just small pets...

P Not just pets.

S Little p, pets. It was capital P, Pets.

[00:37:53]

J I have two of the best dogs ever. No, but I just don't have any time for me. It was actually my wife that helped me through this. I never complained about it,

because whatever time I wasn't spending on John stuff, I was spending on wife stuff, or kid stuff, or dog stuff, or work stuff. And all of that stuff is good, it's all good. So it's like, yes, I don't get to do John projects, but, hey, I have a job that I like more than most people like their jobs, and I have a wife that I like more than most people like their spouses, and kids that I like. And so I have a lot of good in my life, but it keeps me really busy. So I have had to purposely be generous with John time. And so at least once a day, I try to give myself an hour of just John time, which is just, honestly, the best... It's just quiet. If I could just sit and just listen to some music or... I never watch TV or movies or anything like that, so if I could just watch a documentary or something all the way through, without any interruptions, without, Dad, I need you, or Honey, I need you for this, or answering phones or emails, just... So I've been very generous with John time.

J And what I've been very stingy with is giving any time or attention to what I will say, I'll throw it all in the big bucket of just the noise of life, like what's on the news, what's coming out of screens and speakers. I don't give any attention, I mean, none.

[00:39:35]

S That's so good, John.

J Serene, people make fun of you for being stuck in the 80's... I actually jokingly use you as a benchmark, because I want to be even less out of touch, because I'm not affected by any of it. And there's a second part of that. I'm also very stingy in letting myself get worked up or react to those around me who are really affected by all of the things that they see coming out of their screens and speakers. Right now, as we're recording this, we're still in the midst of the dreaded C word that we will not speak, the pandemic, if you will. And Dawn and I, we just go through each day. We're just not affected by it.

S Rejoicing and...

J Whatever we're doing, we're just doing as we normally would, probably even happier. And when there are people around us, neighbours or friends that come over, or we're doing it with, I've actually had a handful of people in the last couple of weeks go, hey, it's been really refreshing to be over at our house, because we don't talk about... If I have a joke, if it's being discussed on social media, it will not even be mentioned in my house. Like nothing, nothing.

S That's great, John. I love that.

[00:40:51]

J I don't want to hear any of that stuff. If you want to talk about any real-life stuff, like stuff that's actual, like here's a tomato, or here's a picture of my grandma, it's like real stuff, let's talk about that. But let's not... Yes?

P I love that, though, stingy on letting yourself get affected by things. That's a good thing to take. But backtracking on your me-time, and that's what Serene was talking about, what about times, though, like...

S I'm just about to touch on that, yes.

P And you've been through this, John, because you were Number 1 caretaker of your first son, right. You stayed home, you were mother and father and everything.

S Yes.

P And like Meadow, I look at my daughter, Meadow, and what I went through. She's at home with her babies. You don't get one hour to sit there and be quiet and to... Yes, I've got to go in ten minutes, okay. You don't get that me-time when no one can interrupt. And if you decide to yourself, I need it...

S You'd be mad.

P You'll feel sorry for yourself, and you won't get it, and you'll feel like, poor me. And there's that thing like... Meadow has not one minute to herself right now. I try to help, but then I think, it's a season...

[00:41:54]

S Can I address that too?

P Yes, because, okay, your children are older now, John, you do, you need that time. But it's season, right. We can't always expect that, depending on your life. And, Serene, you will...

J Yes and maybe Serene will go where I'm about to go, and I'll just leave it here, I totally agree with the season. Because right now in my life I feel like it is appropriate for me to give myself an hour...

P Yes, exactly.

S And it's blessed by your wife.

J Yes, but back up ten years, I wouldn't have even expected to have an hour, because there just wasn't an hour to have. But I knew it. I didn't get frustrated by it.

P Yes.

[00:42:28]

S And it's blessed by your wife. And I know, John, he's already taken care of the responsibilities. It's not like the lawn is knee-high and his wife is starving, and the son has got a question for Daddy, and he's like, oh, I'm just doing my video-games, my time, you know what I mean. No, that's not John. And it's his seasons. Wife, bless... And I wanted to address it, because I was actually thinking about it before, that I was just going to say, hey, John's in a different situation, and if you're in my situation, many women listening, I don't have... I mean, the toilet isn't even me-time. I have two toddlers that think it's the most

exciting thing to come to the trip to the bathroom, and there's crying and bashing on the door if they don't get to come in. And so not even that is sacred.

P I remember when there was a season where sleep wasn't even something that I could expect. I remember there was ten years where I never... I mean, children in our bed, and in and out, and babies nursing all night. And I never slept, never. For ten years, I was totally sleep-deprived. And now I'm in a season where sleep is just a gift to me. It's a different season.

S Can I just talk about sleep-deprived?

P It's different.

S And that's an identity too. Because I remember Vange changed that identity. Because she used to be an insomniac...

[00:43:43]

P Our sister.

S Since coming out of Uganda. Our sister, Vange. She had suffered insomnia, because she'd have to sleep so light because there'd be bullets going outside of her window. She was there at the time of some war. And it was very dangerous. And so she came out of the mission field just totally... She didn't sleep because she'd trained herself to only sleep so lightly. She had all these babies, and she just wasn't sleeping. So one time she just decided, instead of complaining about my sleep, she just decided to think even if she got a minute, she'd be like, oh, that was such a restful minute. I did get some sleep. And she used to just expect that God would multiply that minute and that it would restore her more than any of those minutes. And I do want to say that it can be an identity and a mindset too, like, well, this is a hard season. And I think that we can get a, slash, me-time when we take... Instead of looking at those dishes, oh, I've got to get this duty done, I've got to get the dishes... Maybe dishes is me-time. Hands in hot water, worship music going on, children helping. Maybe a glass breaks, maybe 10,000 glasses break. But this can be spa-like. I can get in the... Like laundry-time, folding monotony, just relax. We can put a mindset on some natural chores...

P True.

[00:44:55]

D Baby yellow-pooped up their back, whatever.

S Yes, like...

P Oh, look at the yellow poop.

S Yes.

P Oh, my breast milk is so good, I'm so blessed.

S My devotional is never me with a journal and a pencil. It's always like, I want weewee-day, weewee-day, weewee-day, which is my little toddler's form for asking for nursing. And then my other children are like, can I ask you a question, Mum, can I ask a question? It's like I read the same sentence over and over and over. But, still, I got it, I got that one sentence. And I make it deep to deep...

P So stingy for feeling sorry for yourself.

S There you go.

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

S I'm Serene.

[00:45:32]

P Self-care and routine are always important, and whatever you're using to get ready for the day should make you feel amazing. So I want you to meet Billie, if you haven't already. Billie has created everyday essentials by delivering premium razors and high-performing bodycare directly to you. There's no pink tax, no visit to the drug store or the grocery store and no breaking the bank.

P Go to mybillie.com to get their starter kit, just \$9, and that includes their award-winning razor that Serene and I keep talking about because it changed our lives, and now we like shaving. Two refill blades and a magnetic holder that keeps your razor safe and dry in-between uses.

P But Billie is out to change more than just the way that you shave. They just released some completely new clean, must-have products to add to your routine, like face wipes. I can attest to them. They're amazing. And dry shampoo. So stock up. Go to mybillie.com to meet the razor that made everyone start talking about razors.

P Honestly, we started using this razor, and we have not stopped talking about it, not just to you guys, our Trim Healthy Mama listeners, but just to people here on our hilltop, our daughters, our friends, our sisters. We all love using Billie now. So it's just \$9 to get your starter kit. Remember that, \$9, that's all it takes, plus free shipping always. Go to mybillie.com/trimhealthy... Spell that, Serene. Spell Billie.

[00:47:06]

S That is B- I- L- L- I -E, dotcom, slash, trimhealthy. This is the PODdy with Serene...

P And Pearl.

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

P Okay. Hey, Les, do you have anything before we quit? She doesn't. Oh, you were about to walk over.

L No, it's not good enough.

P It is good enough. It's from Lesley.

S It's good, it's so good.

P What are you going to be generous...?

D But just to hear the voice of the bonny lass.

P We'd love to hear our Lesley-Popsy. What are you going to be generous with, stingy with?

L I used to be very generous with me-time, just because of the nature of my job. And so I would take, and I don't have any children, and I'm in a very serious relationship now, but I wasn't, and so it was just all me-time, me, me, me, me... So now I have responsibilities. I've never had a fulltime job that lasted more than six months. Again, because of the nature. It wasn't because I was bad and got fired...

[00:48:08]

P You were on the road all the time.

L It just closed. The tour ended.

D Yes, you were a gigger by... Yes.

L Yes, so it was this revolving door of people and things and whatever. So I was the only consistent. So now, and I have a retired father that lives with me, all sorts of animals...

P No me-time.

L A small farm, this awesome, fulltime job, a side microphone business, hustle, whatever you want to call. And when there is no one in my house, for whatever reason, for ten minutes, I'm like, whoo, what shall I do? It's like I remember it, I remember this feeling of, I'm just going to do nothing. And then ten minutes later, I'm like, what's everyone doing? Where are they? I'll be calling Dad up, hey, okay, so what time are you going to be back? I don't know if it's because...

P It's your new normal, yes.

[00:49:05]

L Yes, it's just my new normal. So I used to be...

P That was big.

L Nah.

D Big, Les.

S Lesley, that was good.

D That was big.

S That was big, and I want to tell you why that...

P So do you sometimes, I want to find this, though, do you sometimes long for...? What would you trade? Would you trade and go back to me, me, me, me, me, or are you fuller and larger and...?

L Oh, I'm way fuller, way fuller, but I can't...

P Yes, are you bubbling more with more fullness in your life, yes?

L Yes, and I couldn't explain it to my previous self or my previous industry associates that I still semi-regularly see. And I can't relate to their situations, because it's so much me, me, me, me, me, and things that I'm just not relating to at the moment.

[00:49:50]

P Yes.

S Lesley, that was just so beautiful and full-circle. You find your life by losing it.

P So true.

S And I just love it.

P But there's also the point where John's bringing...

S No, exactly, but that was almost like it came from his wife as a gift to him.

P But John's a psycho workaholic too.

S But you know what I mean, though? It came from his wife as a gift. It wasn't coming from...

P I know. His being generous.

S I need me. You need to carve out time for me. It's very, very different.

P That's so true. I think we've got some good balance.

[00:50:15]

S I think it's very different. And he knows it's seasons, and I feel like he was so sacrificial in the season where it wasn't even an option, didn't even come into his brain. So I don't even think of that as anything weird coming from John. I think it's beautiful. I love that. But I want to say what our mum said too, real quickly, that she's 80 now and almost...

P Yes, because we've got to close, love.

S But her beautifullest season was, she said, when you were all like little duckies under my wing. Even though it was so busy, she had twins, three under 17 months.

P Oh, yes, I look back at my crazy years, and I find them very joyous. But every season is my best season now.

S Yes, generous with, that's as a closing, generous with every season that you find yourself in.

[00:51:06]