

Hi, I'm Corinne. After a lifetime of obesity, being bullied for being the fattest kid in the class, and losing and gaining weight like it was my job, I finally got my shit together and I lost 100 pounds. Each week, I'll teach you no-bullshit weight loss advice you can use to overcome your battle with weight. I keep it simple. You'll learn how to quit eating and thinking like an asshole. You stop that, and weightloss becomes easy. My goal is to help you lose weight the way you want to live your life. If you are ready to figure out weight loss, then let's go.

Hello everyone, I'm Corinne from Losing 100 Pounds With Corinne, the podcast. If you guys have been following me for a while, you know exactly who I am. If you don't follow me, I lost 100 pounds, good Lord, it's been almost 15 years now. I didn't do any kind of bullshit diet hacks, no tricks, no crazy counting calorie bullshit. I just did it the old-fashioned way and now I teach people how to do it the old-fashioned way with common sense like the good Lord taught us. So, if you are just joining me and you've never heard me say a word, you're watching this replay somewhere, all you got to do is go to [PNP411.com](http://PNP411.com) and you can sign up for my free weight loss course.

You'll get a workbook and you'll get a bonus free video course that you can take that'll help you. Just let go of all the bullshit diet mentality that's out there. So, what we're going to do today though, is we're going to talk about handling the holidays. So, if you don't know, I have a private membership where I work with weight loss clients. And in there, every single year, it's a rite of passage, we always do a course called Handling the Holidays, where I take them through the months of November and December. We tackle all the things that get in our way of being able to either lose weight, not stuff ourselves like a turkey, go face-down in pie because uncle so-and-so said something asshole to us like he does every year after he's had some drinks.

We tackle what I call the real issues of holiday weight gain. A lot of fear of missing out. A lot of, good Lord, just all the crap. I mean, so many of us spend the majority of our year trying to lose weight and doing stuff. So, old diet mentality is you don't expose yourself to the foods you love. I mean, the good Lord knows you can't eat what you like in order to lose weight, which is bullshit. But, that's a whole different story. So, we come to the holidays and everything that we have been afraid to be around is now there. And guess what? Because we've spent an entire year villainizing food, and we've spent an entire year being terrified of food, the moment it comes walking back in, guess what we are?

Freaking the shit out because we don't know what to do. We've not practiced being around these foods. We have no idea how we're supposed to handle ourselves. And on top of that, we've got stress because we're worried about what we're going to buy everybody, worried about is everybody going to like the food I make? Am I going to make enough? We just sit around and we jack ourselves up for two months and we wonder why we wake up January 1 bloated, desperate for a diet, trying to start our life over, swearing to God we'll never do this shit again, and regretting how we've spent the last two months.

It's because we have practiced over and over again driving ourselves right into a diet hole. So, what I want to do today is I want to cover the one most important thing that I teach my clients. They have an entire course that goes into a lot of shit, but I was in there thinking like if I was going to teach everybody who listens to my podcast one thing, what would it be? And it would be this, you get to decide ahead of time whether you're going to gain weight, lose weight, or maintain weight this holiday season. I think for a lot of women, it is almost like voodoo for them to even think that they get a choice in the matter.

We get so stuck into thinking that we always have to be on a diet, otherwise if I'm not always putting myself on a diet, if I'm not always doing something restrictive, I'll just go haywire. Well, that's crap. Listen to even the words as they come out of my mouth. I'm going to be restrictive and that will prevent me from overeating. Hello holidays, all year long I've been restricted. How's that working for you? Probably not much. Guess what? The moment you get around things that you've never practiced, trying to eat them like a normal person, you go face-down in them. It ain't because you lack control, you lack practice. Seriously.

That'd be like being shocked that, "What? You want me to play for the NFL today? I'm going to be the quarterback?" That'd be like you being like, "I'm shocked. I don't know how to call the shots and throw the ball." It's ridiculous and yet we do it all the time. And so, we don't even think we have a choice in the matter. You do not have to diet during the holidays. But guess what you also don't have to do? You don't have to gain weight either. You know why we gain weight? Because we give up on ourselves. We don't even think. So many of us have this like, I want you to think about it, it is like... I would be able to find 20 of my girlfriends and we'd all agree, "Girl, holidays are hard. I mean, they're hard, Corinne. How do you do it? It mystifies me."

It's not hard not to gain weight over the holidays. Do you know what it is? It's really freaking simple. If you take my free course, it comes down to two things. When you see food, if ain't hungry, don't put your mouth and your hand together. And then if you are hungry, and you start eating, you should not resemble the Thanksgiving turkey by the end of the meal. This is not brain science. This is not solving universal problems. Losing weight, maintaining your weight, is so simple, but so many of us lack the capacity to keep it simple. We get so worried that we're not going to be able to lose our weight. We get so worried about what somebody else is thinking. We get so worried about so many things that we just forget if I'm not hungry right now... Here's a freebie tip that I didn't plan to cover today.

This holiday season, you walk by the food and you just want to eat it, if you ask yourself, "Corinne, am I hungry right now?" And the answer is, "No," then... because this is what most of you do... you'll be like, "No," then you'll go like, "But oh my God, it's so restrictive. Oh my God, everybody else is eating. What am I going to do?" On the inside, we're melting down like a toddler who's on their fourth sucker and the momma walked in the room and said, "Well, you can't have number five." And then they shit their diaper and throw it all over the wall. That's the way we act if we're not going to be able to eat a piece of chess pie when we ain't hungry. I don't want to break it to y'all, but the world's got bigger problems than that.

So, you don't have break it to yourself. So when you ask, "Am I hungry?" and the answer is "No" we don't throw a fit. You know what we do? We bypass the version of us that wants to act like a jackass, we move over to the version of us that's like, "You know what? I'm going to ask myself in 15 minutes if I'm hungry. I'm going to keep waiting 15 minutes until I either get hungry or my rational brain kicks in and says I ain't going to die or get pregnant if I don't eat Grandma's chess pie after I just had dinner." This is not earth-shattering. Seriously, I would like to come up with a magic formula for everybody. If I could just come up with a magic formula for losing weight, oh my God, seriously. But there's no magic formula coming.

Are you hungry or you've had enough? And then, when you get to the have I had enough stage, if the answer is, "Yes, but I want more," guess what, use the same tip we did before. We don't sit there and allow ourselves to whine. We don't sit there and act like something horrible is happening to us because we can't eat until the point that tomorrow we're filled with regret. Fill your gut now too much, tomorrow you're just filled with regret. So, we use the same thing, can I just wait? Can I wait 15 more minutes? I'll

see if I really absolutely need more. And you just keep doing that shit until your rational brain kicks in. So, here's what I want all of you to think about. Today, like right now, you can even type it in the comments, number one do I want to lose weight, gain weight, or maintain through the holidays?

All three are an option. All three of them. I have about a third of my clients who like to lose weight during the holidays. They just keep doing what I've been teaching them all year long. They only eat when they're hungry. They stop when they're satisfied. They make a plan. They put pie on the plan. You know what they do when they do that? They don't go into meals going like, "Fuck-it, it's the holidays." Their job during the holidays is not to restrict. Their job during the holidays is not to fuck-it. No fuck-it eating. That should be a holiday rule. We don't fuck-it eat no more. Then I have about a third of my clients that they choose to maintain. Do you know the difference between the maintainers and the losers? The maintainers are just putting on their plan more times than they normally would of foods they really love to eat.

They're real special this time of year. They're okay with just maintaining their weight. They're like, "You know what? I'm going to keep planning, I'm going to keep asking me questions, I'm going to do all those things. I'm just going to plan more things that I normally don't plan." And I want you to hear me when I say this, it's just like me. I love nachos, but I'm not so stupid as to believe that I could just eat fully loaded nachos every night of my life and drink wine until I've had enough, and be able to maintain my weight. Do you know what my ass needs? My ass needs nachos about once or twice a week. The rest of the time, I fill it with other foods I love that are good for me too.

So, I don't sit around feeling like I'm missing out. I've learned that there's more to life than nachos every night at seven o'clock with three glasses of wine. I've learned how to like my life enough to know that I don't need it, y'all. So my maintainers, they know they've got all kinds of holiday foods that they only make once a year or maybe they're going to their mommas down the street and Momma always makes all this stuff. And they're like, "You know, I want to be able to bring some home. I want to be able to eat on it for a few days. It's not my normal routine, that's okay, I'm going to just plan it. I'm going to be conscious, I'm going to be deliberate. I'm going to have the things I like and I'm setting myself up to feel good about myself, because now my goal is just to maintain. I'm willing to make the trade, and I'm willing to keep all my habits in place."

And then, we've got my clients who literally chose to gain weight. They're like, "You know what, there's all kinds of foods I want to eat. And sometimes I want to eat more than I normally do during the rest of the year. Most of the time I stop when I've had enough, but I for sure know the meals where I'm just like I'm going to have a little bit more wine than I normally would. I'm going to have a little bit more of this than I normally would. But I'm going to do it on purpose. No fuck-it eating for me." But this is the thing, all three of them will be winners on January 1 because they will have decided what they wanted. Weight won't just happen to them. They will know how they're going to show up in their life because they decided and they like their reason.

They're not just showing up and hoping for the best, and then hating their reason for why they showed up like they usually do without any direction by themselves. So, the first thing I want you guys doing is you need to decide. Are we gaining, maintaining or losing? And I just want you to do it deliberately, so that on January 1, you're not shocked. You're not sitting back and looking at two months when you were with your family, when you actually could have enjoyed the holidays and stuff but you're just full of regrets, and starting another year desperate to lose weight, feeling like you've got to overhaul your life and not knowing what to do. Cycles have got to get broken, they just have to.

If you don't know what to do, like if you're sitting there going like, "Oh my God, I never hear of you, who are you? What is this magic wisdom that you are bestowing on me?" Go take my free course. Just go take the free course. [PNP411.com](http://PNP411.com). Big ass button right there, it says, "Free course." It will teach you what you need in order to have a sane holiday no matter which one you decide. It's a great weight loss plan, but the best part of the plan is it gets you thinking about the person you want to be when it comes to losing weight. So many of you write in all the time like, "I'm so tired of counting calories. I'm so tired of getting O for my money every month. I'm so tired of all this other shit." Well, stop doing it. Try this.

So, once you've decided am I gaining weight, maintaining weight or am I losing weight, the second step is I want you to ask yourself, "How committed to this am I?" I really want you to understand how committed you are, and just write about it. Like, "I'm committed because of these reasons. I feel like I could do this." And if you pick weight loss and you're not committed, I ask you not to pick weight loss. Pick maintain, because the third step is the most important one, what is it going to take for me to do it? Honestly, just flip steps two and three. How about we do this. So first, maintain, lose or

gain? Step two, I want you to tell me what you have to do in order to make that happen. And when I say you have to do it, I don't mean a bunch of rules and restrictions. I really want you to think about this.

If you're going to lose weight during the holidays, you know what it means you're going to need to do? You're going to need to sometimes not have a second helping and sit with the version of you who wants it so bad. That's a huge part of all the losers. To maintain, you know what you're going to need to do? Not beat yourself up when you think you're not losing weight, that that's not good enough. And if you're going to actually gain some weight, guess what you're going to have to do? You're going to have to talk to yourself every day when you want to think that it's going to be hard for you to lose this weight, you're going to have to tell yourself, "No it's not. My habits are on lock. I'm still planning deliberately. I'm doing this on purpose, there's no reason why."

So, you need to make up your list of stuff that you know you'll need to do in order to show up January 1 thinking, "Yep, I did exactly what I said I would do. This is what it looks like." Then ask yourself how committed to that are you? I always tell people in the free course, I use this inside my membership, on a scale of one to 10, with one being "it's a hell no" and 10 being like, "oh yeah, all in, hell yes," if you're not an eight or better on that scale, you need to go back to the things that you need to do and you need to ask yourself, "How can I make this easier? What am I putting on here that's making this too hard?" Get it off the list and make shit easier. You guys do that, I promise you at the end of the holidays you'll feel better. YOU'll have better habits in place. You'll be proud of yourself, and you'll start January with momentum.

You won't start January behind the eight ball and needing a reset or a detox. Those suck and they don't work. If you're one of my members, if you're a No BS woman and you're here right now, go take Handling the Holidays, we've been studying already for the month of November. We're going to keep studying it. Saturday at 10 a.m. come to the Zoom call with me. We're going to be talking all about holiday doable plans, what they look like, you're going to ask me questions, I'm going to help you make sure it's doable, I'm going to talk about my doable plans and how I think. So, we'll all do that together this Saturday.

All right. What questions do we have? If you have a question, make sure that you use #ask. What I want is holiday questions, y'all. I do not want a bunch of other bullshit

questions. If it's about like how do I stop eating when I'm not hungry, go listen to the podcast. I have 300 episodes, 300 and something episodes over there. I want to have holiday questions. All right. "What is the best strategy going into the holidays?" I just told you guys. That is the best strategy. The best strategy going into the holidays literally, is deciding how you're going to show up for them. What is going to be your usual problems? Are you going to be someone that fears missing out? Are you going to be someone that eats and overreacting to what people say? If so, you need to think about that.

When somebody says something douche... this is what's so funny... every year we all go into the holidays with expectations, like it's going to be perfect, or blah, blah, blah, blah. And if you think about last year, let's use... I always say Uncle Joe but that does not mean my brother. My brother's nickname is Joe. Somehow I started using Uncle Joe as a thing, and I'm like, "I hope my brother don't listen to this and think I'm always talking about him." Because it's not him. Every year, Uncle Joe shows up and every year about five beers in he suddenly is like, "Hey Corinne, looks like you gained a few pounds. I remember last year you were dieting. Guess that shit didn't work. What happened?" He just says stuff every year.

But here's Corinne, "All right, I'm going to the holiday dinner. I just hope this year's different. He shouldn't say stuff like that to me. Uncle Joe should know better." And I go in not prepared. You know what I'm going in for? I'm going in as if Uncle Joe had a lobotomy this last year and shows up as a different person or an alien took over his body. That is not fair to me. Not what he says, but that I don't prepare myself for it. You know what I should do? I should bust in there like this. You know what Uncle Joe's going to do, say some bullshit every year. You know why? He don't know better. If he knew better he probably would've stopped 10 years ago, and so far he's been on a roll. If nothing else, Uncle Joe is consistent. He's consistently an ass.

So when I go, I know for me I'm like, "You know, I think I'm not going to take his shit personally anymore. I think I'm just going to decide how I think and feel about myself. I'll let him say all the things he wants, and whenever he says shit, if he starts up, peace out. I walk out of the room. I don't owe it to him to stay there. I owe it to me to not eat and sit there and feel shame over his asshole opinion. You know what I owe myself? Grace, compassion and love. I do that by thinking he's an idiot. My opinion matters more. No thank you, rhubarb pie, I don't need you right now in order to get through this." That's how you set yourself up. You want to know how to best go into the holidays? Quit

overreacting to everybody's opinions. You all know exactly what is going to happen at these events.

Nobody changed. Nobody. Stop walking in the door thinking they all should be different. That is the worst thing we do to ourselves at the holidays. Nobody should be different. You know what we need to do? We should be different with our thinking about ourselves. If you really love yourself and you think highly of yourself, and you're unapologetically you, you know what you do? When other people throw garbage at you, you step out of the way. I will tell you, as someone who gets a lot of opinions thrown at her all the time by people on the internet who don't even know me, but they feel free to tell me how I should wear my hair, whether I'm thin, whether I'm fat/ I love when people tell me how I should talk, you shouldn't cuss. What the fuck is that even about? It's not your mouth. You know what? It's your ears. If you don't like it, move along little doggie.

It's called the internet. You can go and rest your ass anywhere you want. It ain't got to be right here. It's not that I don't give a fuck about people's opinions, because I think a lot of times you guys think that you've got to be some kind of asshole or you've got to be wordy or mouthy like me, that's not it. Very often I'm in a room full of people and I'm not like this and they're actually telling me how I should run my business, what I should do, how I should parent, all kinds of stuff. I just listen. You know what I'm doing on the inside? Forming my own opinion about me. Staying very solid in my opinion. I just think that a lot of you really suffer, especially during the holidays, because it triggers you to worry about what people are thinking about you.

Whenever you're spending time worrying about what somebody else is thinking, it means you're wasting time on figuring out what you're thinking about you and deciding if that opinion needs to be leveled up or not. No opinion that you have of yourself is bad. It's just what you're thinking and is this the best that I can do in this moment? If it's not, figure what the best you can do in this moment is. "When baking, do you write down in your plan that you will taste the stuff?" I actually thought about this, Chrissy, it's such a good question. So, my husband and I have been watching the Great British Bake-Off and we are hooked, like seriously, fish. Somebody just reel us in because it's terrible. We've been watching, next thing I know, my husband has bought every single thing you could ever think of to bake a cake, a tart, a pastry, a loaf of bread.



We have everything. The other day we were baking and I thought, "Am I going to taste shit?" I've never made stuff... I just never baked. So, I looked at him, I said, "Should we taste things just to make sure it's going to be good?" And he literally started laughing. He was like, "No." In his mind, it was, "No, why would you even do that?" And I said, "Well, I don't know. I guess to make sure it's right." And he said, "You know who will tell if it's right? Logan, when he eats it. When it's done and we have some we'll know if it's right or not." And I was like, "Yeah? But what if we could correct it when we're cooking it?" And he said, "We'll correct it next time." In his mind it made no sense to taste things. I was like, "Okay. Then that's what we're doing."

So no, we don't. Now, let's say that you're not like me and you are just like, "Oh no. I've got to taste the things, Corinne." Here's what I was thinking about. Number one, if you're like me and you've never baked it, like literally never made it, and you know you've never made it, I would write on my plan, "When I'm cooking this, I will be tasting." And here's where I get to taste, because this is what a lot of you do. You're just like tasting willy-nilly. Like, "I put one thing in there, let me taste that. I put one more thing in there, let me taste that. And now let me lick this and now let me do that." It's a no. You get decision points. At one point do you need to taste something to know if it's green-lighted to keep on going?

You write that shit down and do it consciously. And that's the only taste that you get. That's if you've never made it before. Or, if you're tweaking something. But for the rest of you who have been baking as if your life fucking depended on it for 30 years, it's no. How many times do you have to make something and everybody tell you it tastes good, for you to just trust you know what the fuck you're doing? That's when we get into I'm tasting things is a justification to just eat while you cook. That's a no. All right. "At family get togethers family members are always trying to get me to eat everything. How do I politely decline? The excuse of losing weight means nothing to them." I wouldn't give them an excuse. I'd just say no. Say I'm not hungry. Thanks, but I'm not hungry. I'm doing this new thing, it's called eat when you're hungry.

I just tell people no. We have some podcasts on food pushers. This is the thing, they want you to eat because they think it's nice, they think it's fun, they have like all their ideas around why you should eat. No. To them, it's like it's the holidays, losing weight is not a good reason to say no to this. That's okay. They don't even have to agree with your reason. Your problem is like, "I want to say something so good that nobody puts pressure on me anymore." If you feel pressure, it's because you're thinking, "They shouldn't be asking, they're making it harder on me. Sure is hard to say no when they just keep asking." That's where pressure comes from. The pressure doesn't come from the asking. You all could march across my office with all the cupcakes on a silver platter all day long and nachos behind it, and be like, "You want some? You want some?"

And then, the wine parade could come in right after that to close it out. If I'm a no, I don't feel pressure. Just be like, "No. No thank you, I'm not hungry. I'm working, I don't want to get drunk." If the entire time that they ask, if you've just been like, "That's really sweet of them. They just want me to have a good time. I am having a good time. So they got what they need." If you're just thinking about stuff like that, you're not going to need them to stop asking. You'll just keep telling them no. So, work on your thinking. "Do you decide the actual amount of pie exactly or how to plan the treats?" I just say slice of pie and then I stop when I've had enough. I don't weigh and measure hardly anything. The only thing I ever measure is stuff that like... if you want to put a slice of pie the size of my hand so that you have some kind of thinking just to make it more clear about how much to eat, that's fine.

For me, the only things that I really, I guess, measure is when... a lot of times it's nuts. I know that sounds crazy but I can just sit with a can of smoked almonds, God, I love me some smoked almonds, but I can sit with a can of smoked almonds and just eat. Not give a shit. 20 minutes later I'm like, "Ugh, that was a lot of almonds." Because almonds, they don't catch up with you for a little bit and then all of a sudden you've got like a ball of nut fat sitting in your belly, and you're just like, "I think I ate too many." So, I measure some stuff like that out. Chips, things like that, it's that stuff that I can just eat on autopilot. And I know what my foods are, so I pre-measure those ahead of time. So, that if I want to keep eating, I have to actually get up and go get more so that I have time to think about what I'm doing.

Otherwise, I'll just sit there and autopilot eat just like anybody. So, anything you feel like you might autopilot eat on, if you want to put that stuff down, do it. But do it because it makes it easy on yourself. That's why I do a lot of that stuff. I do it from the place of it makes it easy on me. What I watch you guys do is, over-measuring stuff thinking, "I've got to do this or I'll just overeat." Or, "I've got to do this because you know me, I'm out of control when it comes to food." Y'all have this panicked energy around food and you wonder why whenever food pops up, surprisingly, you are panicked. If your mindset is panicked around it, you're going to have the same mindset when it shows up at your door. So, I just like to look at stuff and think, "All right, how can I make it super easy on myself to just eat this with a normal portion so I don't have to overthink it?" I don't have to do a lot of negotiating or anything. So, that's how I do it.

"If I want the dessert, can I have half a serving at the start of the meal then eat less meal?" Sure, it's your mouth. I love how y'all are asking me for permission. Let me ask you this, Paula, what's the difference between you eating half your meal and eating the dessert, or eating your dessert then eating half your meal? None. Do what you like. So,

y'all are going to shit your pants, I guess, if y'all are asking that, guess what you're going to shit now? Sometimes I just plan dessert for dinner. No vegetables. Seriously. I had a weight problem when I didn't do shit like that. My weight problem came when I tried to eat salads and then would go ham on a dessert. You don't want to do these things? I'm like, "Damn, I just want to have cake for dinner." The other day, this is funny, the other day Chris and I, we were having date night.

I was trying to decide what I really wanted. And here's what I wanted: three glasses of wine and a small Sonic cookie dough Blast. Dinner is served. Every now and then that's just what I just want. So, I just plan for it. You know what I don't do though? Sit around hating my diet life so much so that every few days I'm at Sonic getting whatever burger, fries, special they got plus a Blast like I used to. And then eating that for three or four days because I feel so bad that I can't control myself. I just don't do that shit anymore. Let's see. "With COVID, the holidays will have more emphasis on the food because of the lack of getting together with family and friends." No, it won't. I love how you said like this is just a happening. There's going to be more emphasis on food only if you make a bunch. How can I make the holiday feel special without overeating?

Call people, Zoom, read some books, use this an opportunity to organize your... seriously, this is the year where a lot of us aren't even putting up decorations and stuff. I love all the years... I wish that I could go back to calls that I did last year, because I would love to read the questions you guys were asking. "Well, you know it's the holidays and when we get together all we do is talk about food." Now, it's like, "Well you know we ain't going to be with our family so now the emphasis is going to be on food." The emphasis goes where we want it. Last year everybody's like, "Oh my God, it's so overwhelming, you know Corinne, I've got to go buy all the gifts and I'm going to have to clean the house, put up all the decorations. It's going to be so stressful."

You know what this year it is? "Oh my God, Corinne, we can't go shopping. Nobody's coming. It's just going to be me. It's going to be so stressful." Guess what we have in common? Finding a problem. Nobody even sits around and is like, "Hey, how are we going to make the best of this year? What are all the amazing things we can do? What makes this year special?" Nobody even asks that question. We're all just sold a bill of goods that life's supposed to be hard so our minds just always go to work on the shitty side of things. Stop doing that. That's my best advice. If you know that you are someone who sits around and usually finds the problems first, challenge yourself to grow. Start saying like, "You know what? Before I bitch, moan, whine, complain and procrastinate, I

have to come up with 10 ways that I can make this the best year. "It may even feel fake. It probably will, because my ass only likes to sit around and think about how terrible things are. So, I'm going to be fake for about 10 times."

If you don't want to just keep getting the same results you're getting now with how you feel, how you eat and stuff, guess what you've got to do? Start thinking in a new way. You have to challenge yourself to think things that don't feel comfortable. Yeah, it's really uncomfortable to come up with how this could work, what else you could do that's even better, how this isn't a problem. That is super uncomfortable. You know what's comfortable? God, this sucks. I don't know how I'm going to do it. Let me just sit around and worry about all the things that we're not going to get to do. The problem is that's comfortable. That's easy. And you'll say, "That feels so true." Yeah, that's a problem. The problem is, is that you're arguing with me that you thinking all the ways it can go wrong, but it's true.

Girl, quit arguing for a reality that feels true but sucks. How about we argue for a reality that doesn't feel true yet, but could be better? That requires you to think about it. You have to think. "When faced with temptations, what do you do to get your mind right? Do you give yourself a pep talk? Write out your whys journal? I want to feel prepared going in in the moment." Yeah, I do everything that I've been talking about here, so I do a lot of morning journaling, which I always tell my clients journal first thing in the morning and journal about this is the kind of day I'm likely to have, here are the things that are going to come up that get in my way. So, if you're like one of my clients, you know that in the planner that you get for being a member, one of the questions asks about what's going to get in my way today around the different things that I teach you.

And your job is to come up with the answers for that. Here are the things that are likely to get in my way and here's how I'm going to handle them. It is the same thing over here. You want to come up with here's what's likely to get in my way, here's why it's not a big deal, here's what I can do about it, here's my solve. When it happens I'm likely to feel... and that's okay. But here's what I'm going to do anyway. Or, I'm likely to feel this way because I'm thinking, but here's how I want to think about it anyway. Those are the ways that I teach my clients. We have more processes and things that we do, but that's what we work on because weight loss comes from your mindset. It doesn't come from just what you eat. What you eat comes from what your mindset tells you to do. So, if you don't have your mindset right, that's when you struggle so much with losing weight.

Mindset is always what's going to get you to have the extra piece of pie because it won't matter, you can start tomorrow. Mindset is always the thing that has you eating when Uncle Joe says douchey things. So, it's like your mindset says, "I should eat because I feel so bad about this. I deserve to have an extra bite." Mindset is what says if you overeat one day during the holidays, mindset is what will decide if tomorrow's going to be... like if you're going to make your next best decision or if you're going to beat yourself up and continue to eat and do a restart on January 1. Mindset drives everything.

All right. That is all of the questions. Some of you are asking about camp. That is for my members, so you guys can go over to [PNPTribe.com](http://PNPTribe.com), log in as a member, make sure that you check the events tab. Camp is January 1st to the 3rd. We're doing the New Year's kick-off where I will be teaching you all the things. If you sign up before Sunday you'll get the bonus where we're doing the wine and the vision board party on January 15th with me, using everything that we do in camp. So, y'all don't forget to get signed up. The first swag boxes too, everybody that's signed up by Sunday, your swag box with, oh my gosh, the swag box is so legit. They're bringing me my version today. So, tomorrow is the reveal party inside our private Facebook group. So, don't miss that.

I'm going to be showing you what's... most of the stuff's in, so I'm going to be showing you what you're going to be getting in your boxes. But there's a Corinne button that when you hit that thing, it has some words of wisdom that comes flying out it. You can imagine what they might be. There are chip clips with all kinds of No BS quotes and reminders. My goal with this box was to create something that when you guys are sitting around your house, you can't help but think, "Should I eat this? Is this my next best decision?? I've got all the environmental cues and triggers in there for you. All right, if you have not signed up for my free course, make sure you do that. [PNP411.com](http://PNP411.com), you can sign up. And make sure you're listening to the podcasts. This recording will go into the podcast in a couple weeks. It's Losing 100 Pounds With Corinne. Make sure you subscribe to the podcast.

If you love all things No BS in the podcast, make sure that when you're listening, that you screenshot the episode, share it on your social and either tag me and use the hashtag, [#NOBSWOMAN](https://twitter.com/NOBSWOMAN). I follow those hashtags and you never know when I'm going to be leaving you a comment. All right guys, you all have a good one. I'll see you guys soon. We're going to do some more of these pop-ups. We don't have a schedule but just watch your email. If you're on my email list you'll know when I'm coming live to you guys. Y'all have a good one. Bye y'all.

Thank you so much for listening to day. Make sure you head on over to [NoBSfreecourse.com](https://NoBSfreecourse.com) and sign up for my free weight loss training on what you need to know to start losing your weight right now. You'll also find lots of notes and resources from our past podcasts to help you lose your weight without all the bullshit diets. I'll see you next week.