



Lesson 1: Intro, Mindset, Paradigm Shifts

Hi everyone. This is Coach Terri Lance, and I'm so excited to have you here with me for these next two weeks in our first ever healthy mindset masterclass. We find that many people come to us with a lot of knowledge about fasting and eating well, a lot of people come to our community and learn about fasting and how to eat well, but what tends to happen is there are mindset and behavioral things that then interfere in implementing all of this new knowledge. So this is the place where we're going to address that. We're going to go into topics about self-talk and how our brain works, and self-sabotage and paradigm shifts, and how to make habits last. We're going to talk about addiction and bingeing. Some topics might pertain to you more than others, but I encourage you to participate in each video lesson to see what does pertain to you, because there are skills in each of these that I think all of us can use. So, what's going to happen is that every day, you're going to get a video for 14 days.

The nice thing is that you're going to have access to the video even after the masterclass ends. Go back to each video as many times as you need to. Oftentimes we need to hear things and process through things a number of times before we can really start to make it stick. You're also going to have one month of membership in the community. What I encourage you to do is use all of the resources you can for that month, and then assess whether you want to stay in the community beyond that. And I think you'll find that we have a lot of great resources that can really help. What I also encourage you to do during this masterclass is to use some form of a journal or notebook where you can take notes from the lessons, you can reflect on things, you can do some journaling, because these are not just facts like learning how much sodium or which protocol fits you best, really looking at yourself, looking at the ways that you think, the ways that you talk to yourself, and the ways that you work on your habit changes.

So it's going to require a lot of self-awareness, self-reflection, risk taking to try new things, having a place where you can keep all of this, a journal or a notebook or something I think is going to be really helpful. I do encourage to do this in written form rather than taking notes on your laptop or computer or phone, because there's something about the actual physical act of writing that helps us to connect with that information even more so. Today we're going to start with mindset and paradigm shifts. We're going to talk then about self-talk and word choices, developing your inner self coach that supports you, and we're going to talk about our relationship with food. We're going to talk about managing hunger, boundaries, both boundaries within ourselves and boundaries with other people. We're going to talk about emotional eating, habit change tips, self-sabotage, one of the most

favorite topics. We're going to talk about food addiction versus coping mechanisms. We're going to talk about bingeing and sugar addiction. We're also going to spend some time talking about our brain chemistry and why we do some of the things that we do hopefully to make it make more sense to you if you have challenges with certain skills and habit changes.

Let's get started with today's topic, looking at mindset and paradigm shifting. The topic of mindset is super important, and you might hear about this a lot. I think that mindset is one of our most important skills, and it's one that a lot of times we don't spend much time really working on. We just think the way we think and believe that that's natural, but there's so much we can change about our mindset. I know for myself personally, I've changed my mindset a lot in just the past four or five years. So it's really possible. Talk about mindset, I think about a book written by Carol Dweck and she is a long time researcher of mindset, and she really was looking at motivation and success. Why do people succeed? And how do people learn? So, looking at what motivates them.

What she really found is that how people think about their ability to learn and their ability to succeed factors into that and actually determines how well they do. So she came up with two general ways to think of this, and that is either having a fixed mindset or a growth mindset. When people face things with a fixed mindset, what they believe is that their skill, their knowledge, their intelligence, their abilities and things are fixed. They're born with them. There's not really much sense in putting more effort into them because they can't really be more developed. You either have it or you don't. They also see challenges as defeating and that they define them. So if they fail a test, they think it's all over. They think that there's no reason to continue on with learning that skill or taking that class further or studying further. So they see a challenge as proof that they can't do something. Overwhelmed by other people's success. They tend to see that as a comparison. "That person has the skill or the ability and I don't." They are very stuck in their ways.

People with a growth mindset are very open to feedback. They don't take it as criticism, as someone with a fixed mindset would do, they take it as an opportunity to learn and to grow. They see other people's success as interesting because if other people can succeed doing this, what can I learn from them to implement and do well myself? So they see that as a positive challenge, rather than something that feels defeating. They also tend to see that most importantly, what they are working on, what they might be somewhat deficient in or what they want to do even better, that they can practice, and this is so true with professional athletes. I'm sure you've heard different athletes share their stories and you hear their coaches talk about them. The ones who really excel above and beyond are putting in extra work, because they believe that they can do better with more effort and more practice. Whereas some come in as prodigies. They're so good, but they cap out fairly early because they don't believe they can improve.

They think it's a trait that they were born with and they've got all they can do with it. So this mindset piece is really important. And you might be thinking, "Well, how does this relate to fasting or eating?" I want you to think about how often you may think about fasting and you might hear either in our community, or you might see in the Facebook group or some other place, someone talks about what fasting they do. And you might catch yourself feeling a little bit overwhelmed by that or defeated because they're fasting more than you or they're having a more successful time in it. They're losing more weight or they've reversed their insulin resistance or something like that. So that might feel a bit overwhelming for you. If instead you say, "Wow, I'd like to know how I can do that, because if that per person can do it, there's something I can learn from them." The more we can be in that growth mindset, the better. You might also find yourself thinking, "I'm not good at fasting. There's not much I can do about it."

I hear this a lot related to people's eating habits. A lot of people come to us and they're willing to develop their fasting skills, they're willing to stretch those, but they see themselves as fairly stuck in their eating patterns. They talk about, "I'm someone who eats at night. I snack at night. That's what I've always done." And they see this as a finite thing. It's like it defines them. That's a fixed mindset. It's giving the message to their brain that they can't really change it and that's why it's problematic. Instead, we want to learn, how can I change this pattern? How can I learn a new habit or a new skill that will help me reach my goals rather than hold me back? So this talk about mindset is very important. Very important to be always working in that growth mindset, taking feedback, learning from watching others, seeing setbacks as opportunities to grow. You may have tried a fast one time and it was longer.

It was the longest fast maybe that you've done, and you worked toward it and it didn't work very well. You didn't feel very well or you didn't feel able to complete the fast. Now, with a fixed mindset, we get very defeated by that. We say, "See, I knew I couldn't do this," and we stop. And we don't see opportunity to improve that skill. But with a growth mindset, we say, "Okay, I tried a 36-hour fast and I wasn't able to complete it. I'm wondering what else I need to learn? What skill do I need to develop so that, that becomes easier for me?" There's the growth mindset. The other topic I wanted to talk about today is paradigm shifts. So basically our paradigm is our approach or way of thinking. And many of us come to this stage in life, and we have a lot of paradigms, ways that we believe things happen, things that we believe are truths, and pretty quickly, you might find you have some paradigms about fasting or about eating. They actually get in your way.

And many of them are things that we've learned for many years in our lives, like breakfast is the most important meal of the day. So if you've heard this and accepted this as truth, when you then hear Dr. Fung talk about skipping breakfast as a first step toward fasting, it may really cause tension inside of you because it butts up against that paradigm, that way of thinking that you have always held. You might also think that eating small meals throughout the day is going to help with your metabolism, help you lose weight or not gain weight, help with your blood sugar control. So you come to the fasting method and maybe

you read the obesity code and you learn that we actually talk about eating less frequently. This again, butts up against that paradigm that you have held true and most people in your life may still hold this to be truth. So, you're going to start to butting up against these paradigms.

And I find that people are most successful when they're willing to shift paradigms. Do some research, read some of the experts, read Dr. Fung's work, listen to Megan Ramos's videos, listen to Dr. Nadir Ali, if you're concerned about cholesterol. I'd like you to start thinking about your experiences so far with fasting wherever you are. You might only be doing your first overnight without snacking, you might be working on building up to a 16-8, or you might be doing multiple day fasting or alternate day fasting. Where do you feel that tension? What things are you learning about fasting or learning about yourself that butt up against your paradigms? What are you having to challenge? A lot of us learn certain foods are healthy and we should focus on these. And then we come in and start learning, again, reread the obesity code, or we watch these videos and we find out that a lot of what we've learned has actually led to some problems in our health. So we have to look at, can we shift over here? Can we start eating that food and feel a safe doing so?

Do some journaling about what are the paradigms or the thought processes, the beliefs that you've held that you're needing to work on because they cause tension for you, they cause friction and make succeeding more difficult? So if we see ourselves as someone who doesn't complete what we start, if we have that belief about ourselves, it's going to make completing a fast a lot more difficult. I've listened to so many people in our community and clients that I've worked with, they see themselves as someone who can do it for a couple of weeks and then they stop. Thinking about what things are you having to shift? What things have you already shifted and you're surprised now that you believe differently than you did many years ago? And they finally acknowledged that eating eggs or eating saturated fat was not going to cause cardiovascular disease. This was a huge paradigm shift, and most people still resist it because they had learned for the last 50 years that it was going to cause them problems. So, I want you to start thinking about that growth mindset versus a fixed mindset.

Later in this week, I'm going to talk about some of our beliefs that we don't even really have an awareness that we hold. They're limiting beliefs that we may not even articulate, but they keep us from doing certain behaviors because we hold them as true. You might have a limiting belief that says, "I'll always be overweight. No matter what I do, I can't lose weight." So many of us have learned that through repeated dieting and repeated efforts, and through what we hear from other people and media, we feel that we are to blame. It's a weakness in us. So we have this limiting belief. So these are some of the things we're going to start shaking up on Tuesday and Friday. We're going to have some question and answer sessions. You can attend these live, but they are also recorded. So if they don't work well in your schedule or they're not at a time when you're awake, no problem, they will be recorded.

You need to send in your question ahead of time and you'll email them to Masterclass@TheFastingMethod.com. Throughout the week, I also will be highlighting some things that you can use in the website and app. My meetings happen on Monday, Wednesday and Friday at 3:00 PM Pacific Time, 6:00 PM Eastern Time, and my topics are healthy mindset, healthy habits, and healthy emotions. So it's a great format to get to talk about these things. Even if you don't like participating in a Zoom meeting, if it feels too big for you or too personal, it's okay. You can just attend and listen. So hopefully you're starting off this week on a great foot. You're open, you're in the receptive mode to hear things that might be difficult to hear and to look at things about what you've learned to think and do that you can change so that you feel better and feel more able to succeed.

I'm hoping that what we work on in these next two weeks will help you make these changes that you're working on long term sustainable, so that they're just a part of you. They don't even feel like a specific plan anymore or a program. They just become your way of life, and I think that's where we succeed the best. In the forum in the app or on the website, we will have a special thread there that only people in the Masterclass will see. So this is where you can ask question, you can talk about the progress you're making. We can give feedback to each other. We can offer support. I would love to see you participating there again, because writing about what you are thinking and feeling and noticing makes it more able to stick.

All right, everybody. Day one video is done and I look forward to seeing you again tomorrow. Take good care, everybody.