

## Episode 51: Lack v. Growth Mindset



### Episode Transcript

With your Hosts  
Mary Preston & Keysa Amaro

Welcome to The Real Life Wellness Podcast with Mary Preston and Keysa Amaro. Where we talk about different ways to integrate healthier habits into your life.

Keysa: Welcome back, friends! I'm Keysa Amaro, certified Health Coach and I work with moms to help them get control of their food cravings without deprivation or complicated meal plans.

Mary: And I'm Mary Preston, a licensed marriage and family therapist, life coach and the founder of the Goodbye Burnout for Healthcare Professionals Program.

Join me in the Saying Goodbye to Burnout Facebook Group. Do a search on FB for the info and jump in!

If you have questions about any of our programs, the podcast, or anything about health and wellness, come join us in The Real Life Wellness Podcast with Mary and Keysa facebook group or find us on social media, I'm always active on Facebook

Alright. On to our topic of the day, which is...having a lack v. growth mindset.

In this episode, we discuss...how getting rid of your lack mindset and developing a growth mindset will help you develop a healthy relationship with food and yourself.

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But first, I want to share with you this hilariously bad review from one of our subscribers. We always ask for honest reviews, and we don't discriminate!

This review is from Maudibella, who gives us 2 stars and says:

### Too "slow"

I started episode 37 and the first 6 minutes were too long... "sweet" and "I'm so excited" about anything needs to be brief. At 8 minutes I wasn't invested enough to continue the 32 min. episode. I will give them another listen and hope they pick up the pace of research and advice. Lol. Maudibella, I hope you gave us another chance and you get to hear our shout out to you today!

I'm sharing this particular review today because this episode is about lack vs growth mindset.

If I believed that I had to please everyone, all the time, this would have sent me into a panic. However, operating from abundance, and from a growth mindset, this is simply feedback from one human who listened to 8 minutes of one episode. I absolutely take the feedback into consideration, and we move on because we know that what we have to share is important and valuable.

So, onto the episode where we talk about lack vs growth, or sometimes we use the terms scarcity vs abundance.

Keysa: In this episode, we will be addressing a lack versus growth mindset in the subject of food intake, weight loss, and body image, but it can be used for any subject or part of your life; relationships, work, fitness, you as a mother or a spouse, etc.

Often times in diet culture and especially if you have been on numerous diets or restricting food, we develop a lack mindset. There is never enough; enough food, enough comfort, enough love, enough satisfaction. We see food as providing these things for us, especially highly concentrated foods like cookies, cupcakes, or pastries. Then, when we restrict them, we feel that we don't have enough and develop a lack mindset.

Our lack mindset also comes from a place of not being good enough. If you have wanted to lose weight in the past or if there are areas of your body that are too big, too jiggly, or too saggy, then you are developing a lack mindset. You believe that you are not enough.

Our culture, and I am referring to American culture, tells you you are not enough. Media and marketing tells you you're not enough. You need to have flawless skin, 10% body fat, and a thigh gap in order to be enough, to be loved, and to belong.

Mary: Yes, and the diet industry makes billions of dollars off of doing so. First, they tell you how flawed you are, and how much better your whole life would be if you could just be smaller, or smoother, or younger. They tell us over and over again how wrong everything is, so that they can sell us the magic bullet that will make us more lovable, more valuable, and more worthy.

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Keysa: Humans innately have a desire to belong. Being cast out of the group meant certain death thousands of years ago. We needed a group to help us survive, and we are wired to crave acceptance, and when we don't get that acceptance, we do anything to change ourselves to belong.

And in our modern-day, we are no longer worried about dying from a wild animal, or from an injury if we are by ourselves. But we still have that craving to belong. So, we want to change our appearance in order to belong and be loved. This all stems from a lack mentality, believing we are not enough, so we change ourselves to belong. Even if those changes come at a sacrifice of starving ourselves, developing a negative relationship with food and with our body, or binge eating.

Mary: And, listen, please don't beat yourself up for wanting to change yourself to have a sense of belonging. This desire is wired in our brainstem, in our lizard brain, in that part of us that is wired for survival. This is a deep pattern of fear that has been handed down through the ages. And, again, it's something that researchers know and use against us CONSTANTLY.

Keysa: Now, if you are wondering if this is you, here are some hints to help you become aware: When we have a lack mindset, we use words like:

- I can't (I can't have any cookies)
- I'll try (I'll try not to eat sugar)
- I have to (I have to burn 500 calories at the gym today)
- I always (I always crave sugar)
- I want (I want to eat all the cookies)
- Never (I never get to have fun and eat dessert)
- Every time (Every time I go out I end up drinking too much)

Notice if you use words like these in your daily self-talk.

You may not think that this is a big deal or that it makes that much difference but it is one of the first things I work on when working with clients. They need to be aware of their self-talk and their relationship to themselves in order to make sustainable and lasting changes in their relationship to food.

So, if a lack mindset is causing pain and a negative spiral of destructive behavior towards our body, what is the solution.

What I want to offer you is to choose a growth mindset. This is where we look at what we have and we see it as having enough. We look to the future and see what we can create, not what we can't do.

Mary: On our last episode we talked about how to set big goals and I asked you to think about whether you know what you really want. Most of us know what we DON'T want, but rarely do we look at what life looks like on the other side. This is an example of focusing on what can create, what we can have, and what we are capable of. I encourage you to listen to that episode

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and work through some of the strategies we have set out for you. Then come back to this episode that will help you talk about and think about your goals from a place of growth and forward motion.

Keysa: So, how do you develop a growth mindset? Well, it starts with the words you choose; what you say and what you think. When we choose a growth mindset we use words like:

- I can/ I choose not to (I choose not to eat cookies today)
- I do or don't (I do exercise to help my body feel healthy)
- I get to (I get to take care of my body and feed it nutritious food)
- I will or I won't (I will make healthy choices today)
- I choose to (I choose to go for a run on Monday, Wednesdays, and Fridays)
- In this experience (In this experience I have learned what doesn't work for me.)
- How can I...? (How can I make this work next time?)

You look at the possibilities in your life, instead of your failures. You see what you get to do versus what you don't get to do. You see your life as your choice versus something that is happening to you.

Mary: In this culture, we are so used to focusing on what we don't have. I'm going to share a fantastic strategy to help you start working on this.

First, pause this recording and write down a list of 25 things that you want.

Now, after you've done that, come back and tell me, how many of the things on your list are things that you already have? Probably none of them.

Now, go rewrite your list and start with one thing you want that you don't have, and then write one thing you want that you already have. And go back and forth until you are done.

Keysa: How would your life be different just by changing this mindset? How would you look at your actions, at your body, at your food choices, just by shifting away from the lack mindset and towards the growth mindset?

Well, I think it will make a huge difference in your outcomes. And we have 5 tips to help you develop a growth mindset.

### 5 Tips to help you ditch the lack mentality and develop a growth mindset:

1. **Notice if you use words that create a lack mentality in your daily self-talk:** so things like "I can't, I'll try, I have to, I always, I never" Using these words creates feelings of deprivation and lack, which are not great feelings to feel especially on a day to day basis.
2. **Write down all of your negative self-talk:** Take pen to paper and spend 15 minutes writing down negative self-talk that you say to yourself or that you think in your head. Write it all down, don't limit yourself, and don't judge yourself. Let it out and let it be.

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3. **Know that these are just thoughts and that they are not truths:** Your brain will want you to believe them as truths, however, they are just thoughts you have thought over and over so many times in your head that they seem to be true.
4. **Recognize how these thoughts are creating negative feelings towards yourself:** Know that it is your thoughts that are creating negative feelings towards yourself. Thinking negative things like "I'm too fat, I'll never lose weight, Noone will love me when I weigh this much." Will only bring pain and negative feelings towards yourself. Recognize this, that you are in control of your thoughts and that you are creating these negative emotions by what you are thinking.
5. **Write down growth mindset thoughts & practice them daily:** Now that you have recognized and taken responsibility for your thoughts that create a lack mindset, it is time to add in some thoughts that create a growth mindset. Grab your pen and paper and write down thoughts that will create a growth mindset. Now, these thoughts need to be believable, something that you are going to believe and take on as your own. Write them all down and practice them on a daily basis. Just because you think a thought once, does not make it automatic. You need to think a new thought over and over again in order for it to become automatic.

Alrighty, friends, that's all we have got for you today. Thank you so much for being awesome as always and listening in.

Tune in to our next episode where we talk about ...how to put your thoughts on trail through thought turnarounds.

If you'd like to know more about us, and if you have any questions or comments, head on over to our dedicated Facebook group! You can also contact Mary at her [website at www.maryalycepreston.com](http://www.maryalycepreston.com) or Keysa at her website at [www.keysaamaro.com](http://www.keysaamaro.com)!

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