



the
LOVE
YOURSELF
THIN
podcast

— WITH DARA TOMASSON —

EPISODE TRANSCRIPT

**WITH YOUR HOST
DARA TOMASSON**

154. The 90-day Workbook and How The Cycles Help

Do you feel like you keep failing over and over again and you feel like you're never going to figure it out when it comes to how happy you are in your life, your weight loss, your Productivity, maybe your relationship. Don't worry because today I've got you.

Love yourself in podcasts and one hundred and fifty four ninety day workbooks and how the cycle helps. My name is Dara Tomasson and I am a certified life coach, and I cannot wait to help you see why you might be hitting your head against the wall over and over, even when you have the best intentions to change.

Before we go deep into the subject, I really love sharing the wins that come from the members of a membership and the lives of their family members, their friends, because of the work that we're doing.

Sometimes I hear women. Say it's really selfish of me to spend this time on my own life and my own brain. I just don't feel like that's a good use of my time. I'm here to dispel that because I truly believe that your best investment is your brain. The more that you can be with your brain and work on cleaning out the clutter. You're going to have a much better and happier life because of that. So today I wanted to share how one of my members, she's pretty brand new. She went to a quilting event and it was a Friday night and there were brownies and chips and so many foods. on this and her friends were going on about how delicious in particular these brownies were. She's fairly new to the program. I always like to encourage you to spend six weeks of no sugar and flour at the beginning to really give your brain a reset and also take out decision fatigue.

One of the thoughts that she had, she had several thoughts. to help her through it because I'm always encouraging my members to look at like, what is the thought that helped you to get that result? Of course the result was not eating the junk. And she had, I, she said, I want my

she said I've committed to this.

No, no sugar and flour thing I want those results in the future then the other thought she said was my body is going to thank me tomorrow. My body's going to thank me in a week. In a month. She was able to take that pause. Viktor Frankl, that he is amazing and he talked about that, that pause between you having a thought and you acting on it.

the more that we can use these mindset tools, these life coaching tools. Moreover, we can slow things down and we can really create a life that we want to have for ourselves. So happy to celebrate that with her today. The reason this benefits everyone else is that guess what's happening to her? She has more energy. She has more trust in herself. Her husband and her kids, and. the quilting people around her will get a happier version of her. Everyone benefits because she's now not feeling resentful. She's not feeling deprived. She's actually feeling empowered.

Let's go into this topic now. I was an educator for almost 10 years in the public. system. My first job was at a private school and so I would teach junior high, French and then the next hour I'd be teaching kindergarten.

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Then two hours later, I was teaching social studies to two ten-year-olds like it was wild. I went from one to another to another and, and then when I got my first job teaching in the public system, it was actually grade four, five and six. Since the public system doesn't fail kids anymore I had kids that were reading at a grade one level. I had a gifted student who was, you know, pre university, like grade 12 all in one classroom, it was incredible. I really push my limits. I just had this degree. It's one thing to have a degree, but it's another thing to actually live it and implement these things.

I had, it was a very interesting first year of teaching in the public system. However, as I went and as I learned, and as I grew, I developed new strategies and I got to really good habits. Then I started teaching quilting and myself learning how to be a self-taught quilter, really breaking down the learning process.

For some of you who already have my books, I have these great books on how to learn, how to promote quilts. I really take it too. What are the core concepts? Then you build on that. That's what we do in elementary. So in the worksheet, and as if you're watching it, you see the worksheets in front of me as I'm, I'm sharing my screen with you.

I want you to think about when you were in kindergarten or however, maybe when you were little, your mom did this with you or your babysitter, whatever. But think about how they first taught math. They had plastic bears or something or blocks.

They say, these are two or three. How many of these blocks are there? They're yellow ones. . Now we have some red ones. We take these two yellow ones and we put them with these three orange ones. How many do we have altogether? Let's do it. Then we started, so that's the idea of you add on two and then we take away and we add on and we take away.

The next thing we do is we start saying, we have two blocks. This is the number two. This is this line. When you make this line, this is what it looks like. Then we start getting more to now we have these symbols and these symbols mean. Adding to subtracting from multiplying, dividing. What we call this actually is called a spiral curriculum. We learn the very basics and then we build this foundation, learning as we go.

So why would it be any different for learning about our brain? Learning how to connect our brain to our body. learning how to take care of our body. What are the foods that we're eating? How frequently are we eating? What about our relationships? Are we blaming our spouse all the time? Are we appreciating the things that people are doing?

Are we constantly letting that inner chatter box mean girl, in fact, today in our. Our group called. I said, well, let's give her a name because I'm reading the book, feel the fear and do it anyway. such a great book by Dr. Susan Jeffers. She talks about the chatterbox. She says that that internal chatterbox has incredible staying power. It will resist in every way It can, in order to maintain its power over you. Once you have that little voice in control, you've got it made. She talks a lot about this inner critic. We have different ways of saying it.

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Today in the group call, I said, okay, we're going to give her a name. What's the name of your inner critic? One of the members said Nellie, because the mean girl on little house at the Prairie. You can name it and you can just talk to her and say, Hey, whoa.

Down Nelly. you all know this. You're all very familiar. We have this inner critic and now we also have to remember, we have what's called the motivational triad. The motivational triad is the thing that tells us to stay safe.

Is our inner wiring, our instincts to help us to survive. This comes from our lower brain. It comes from a fear base. The fight, flight and freeze. Motivational triad says, stay safe, seek pleasure, and conserve energy. So, if you want to change your eating habits or blame your husband all the time and take responsibility for yourself. Or whatever that changes you want to make in your life. It's going to require you to. Put yourself out there to be vulnerable, which is not staying safe.

It's going to have you using energy because we're not conserving energy here. We have to use energy to make new habits. Seek pleasure. It's not pleasurable to change. Because the thing is even with women and I say this with total love and sincerity when I say this, even women who are in abusive relationships there is a sense of security because they know what to expect. Even though it blows our mind that they, you think, why would you ever stay?

That's what live coaching does. Life coaching is a tool that helps you go into your brain and really slow down long enough to say, you know, is this really what we want?

We get to rewire our brain, and this is the tool that I want to teach you. I want to teach you. This, our share with you, this concept of. The spiral curriculum. I've created it after coaching women for several years. This is my binder it has the 90 day process, and I will explain it to you.

After coaching women, I realized that these five pillars are what are going to help you with permanent weight loss. Now the interesting thing is, as my membership grows and expands. So this 90 day workbook is for permanent weight loss, and I'm going to go over those.

So it's kind of like a train station. You joined my membership and you say, what destination. So your destination is happy. Marriage. Your destination is, you know, weight loss, permanent weight loss.

Your destination is, starting a quilting business or your destination is using your voice. Then I will recommend, okay. Do these modules in this order. For permanent weight loss, which I'm going to be talking about today, this is the order. The first one is weight loss. Science is simple. Of course I teach you the basics very simply.

Second is to create your own eating plan and troubleshooting.

You have to come up with your best unique plan and how you can come up with troubleshooting those. Then the third one is feeling your feelings instead of eating them.

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We've got to take responsibility for ourselves instead of shame and blame. Then the fifth one is to create and build self confidence. When you do this Cycle you learn how to create permanent weight loss. What I decided to do after coaching people, taking groups of women and then having my membership. I was able to break these down into small, tiny, small lessons. What I did, and this was my school teacher and my quilt. I taught quilting also for years. I thought, these are the five pillars, but then these are the five or six things that you have to learn within each one of these pillars. I wrote those all down. Then I thought, how are they going to learn more and more how to do that? How are we going to get that to be like, this is just who I am. This is just what I do. I thought, okay, so I took those five pillars and I created five to six lessons for each one of those. So now we have a 30 day cycle. If I'm going to teach them this concept on day one, I'm going to revisit that same concept on day 31. And on day 61. On day 31, I'm going to just make it just a little bit more complicated. Instead, day one would be, here are three blocks and three yellow blocks and two red blocks. That was my day one. Then day 31 is, did you know that this line looks like this is the number two and they're two blocks.

Let's do that and here are three blocks. Let's do it. There are. Lines. They look like pictures that represent the number of something. Then on day 61. I'm going to have them write it down. Three. Plus two. Then we have these two little lines that go together. They create a whole new number and that's the number five. Even though it's the same concept, I'm just going a little bit higher and a little bit higher each time. When you go through that 90 day cycle, you are actually learning these concepts deeper and deeper. This 90 day concept is very common and we think about our seasons.

Some of you might not live in a place that has lots of seasons, but traditionally we have four seasons. We have winter, spring, summer, and fall. So we have this kind of natural cadence as a human that every 90 days or so we have a change. With this in mind. I knew this is how our human brain and our human body have cycles? I created this for you and we do this once a quarter. I'm a strategic coach, which is Dan Sullivan's coaching program. Some of you might have read some of his books, the gap and the gain. 10 X is easier than two X and the who, not the how. It's if you're not really into business, maybe you haven't heard of it. But even the gap in the gain, I recommend that book to everybody, every human. So amazing.

We actually meet in person every 90 days.

He teaches us a concept. Then we implement it for 90 days and then we go back in person and then we review how we're doing. We learn a new tool and we add onto it. The 90 day workbook happens four times a year. This is always happening inside the membership. Are you giving yourself opportunities for growth? Are you pushing yourself?

Are you challenging your brain? Today's coaching call was just so powerful inside my program, because we were talking about grandma power. In our genetics. there's actually a lot of animals that die after they're finished their reproductive years. But there's like the orca's and there's like a Japanese beetle. And there was one other animal. They contribute so much with the raising of the young giving those moms extra help and support so that they can have more children.

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Then that will really improve the quality of life. So the more that we grow and the more supportive we have and the more we can produce our offspring, then we can. You know, it grows larger and stronger. We were talking about the importance of never putting ourselves out for pasture. We were talking about how important it is to always have a purpose. There's three reasons why people die. They run out of friends, they run out of money and most importantly, they run out of purpose. If any of you have not read Victor Frankl's book about man's search for meaning. It really is so profound. Learning about the importance of our purpose. I think I shared this in the last podcast about Benjamin Franklin and all these American forefathers. They all lived longer lives because they had such a strong purpose. I really want to encourage you all to embrace whatever you have right now in life. and learn. To get that purpose and to really see the power. One of the biggest problems we have in society right now is that we are not passing down our wisdom from one generation to another. We are becoming so disconnected. There's a bunch of research that's been coming out and getting more and more attention.

It's called the blue zone. What the blue zone is, it's saying that children. Who are raised around grandparents have a lower rate of mortality and disease. Isn't that amazing? even with FaceTime . you know that separation now we can have those connections. I have one member in the membership and they FaceTime every single day at the same time. It's amazing.

It's been just such a great boost for everyone involved.

When I was in grade seven, I went to French immersion and unfortunately they taught us math in French. Now. I don't know about you. It's ridiculous you're learning a new language.

And now they're trying to teach you these maths concepts in another language that you don't really even know. I had some gaps in my understanding of learning. Then in grade eight, same thing I had French. I learned maths in French and because I had so many gaps from grade seven and then going into grade eight, it was really hard.

I decided to go to high school in English because my local high school offered a performing arts program. We did a collaboration with the Shaw festival from Niagara and the lake, which is a huge opportunity. for learning and growth. Then I'm finding myself in grade nine, maths not doing very well because I had those gaps. We have emotional gaps. We have scientific gaps even with weight loss or with our brains with neuroscience. We have a lot of gaps and it's my privilege and it's my opportunity as a coach to help you to fill in those gaps. All right. I love hearing back from people from my podcast for YouTube.

So please share with me your takeaways and I can't wait to share more with you as we keep going. Bye-bye.

If you want more help with learning about your body and how it's changing through menopause, perimenopause, through whatever it is, my program is focused on helping you truly become your own best expert. So as we go through June, uh, working on our menopause, perimenopause experiences. July, we're focusing on becoming our own bestie July and August actually with our summertime, um, challenge.

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And then in August, we're really diving into how to lose the physical weight when you focus so much on the mental. I have an incredible program for that coming in August. So there's so much to look forward to. You truly can make your own transformation and I love helping you. Find that inner knowledge and wisdom.

That's just waiting for you to unlock so that you can create permanent change for yourself.