

What is a plan and why is it useful?

Your first focus for Vibe Club will be **planning**.

Not only do you need to know what your plan is, but you also need to know why you're doing it. This will make it so when you don't want to follow your plan, you can remember why it is so important for you.

For the first 30 days your main focus is **planning**.

What to expect when starting to plan:

- Brain drama- You may experience some brain drama. Thoughts like: *This is too hard. I made a plan and can't stick to it. I failed again.* These are normal thoughts, and it's normal to not be skilled at something you are doing for the first time.
- Feelings of overwhelm- You will be learning lots of new information, and you may feel overwhelmed by all of it. Start with planning. Make a plan and follow it.

What is a plan?

A **plan** is writing down exactly what you will eat on that day.

Calorie Counting vs. Making a Plan

Calorie Counting

Calorie counting does not connect you with your body. With calorie counting you are looking to an app to tell you what to do and when to stop. Calorie counting doesn't account for your hunger cues, or fullness cues.

The biggest problem with calorie counting is that it doesn't solve the emotional issues that people have with eating. It doesn't matter if you have a perfect macro calculation or perfect calorie equation, because it won't override the moments when you are eating because you are stressed, overwhelmed, or taxed at the end of the day. The perfect calorie calculation isn't going to solve for those moments.

Planning

Planning allows you to gain a long term confidence of being in touch with your body and what your body needs from you. Most of us are unable to do what we say we are going to do. Planning helps to cultivate this trust. We build trust with our bodies, not an app.

4 Reasons Why Planning is Better:

1. More sustainable- I want you to feel like you could do this forever.
2. Decision fatigue- Decision fatigue is reduced by planning. You make the decision of what to eat in advance knowing what your goals are and then you stop thinking about your food choices for the day.
3. Brain space- When you aren't worrying about what to eat for every meal, you have more brain space for what the real problems are like overeating or eating to avoid your feelings.
4. You're in charge- You are the creator of your own journey. You get to create a process that you will love in order to lose your weight.

Habit Brain vs. Higher Brain

Habit Brain- Subconscious

Our habit brain handles the patterns that are so well processed that your brain delegated them and now they are on autopilot. The habit brain is where your urges will come from. Your brain's job is to avoid pain, gain pleasure, and to make it as easy as possible. This part of your brain is trying to keep you safe and delegate as much as possible, because we couldn't possibly think about every little thing we do throughout the day. The issue comes when the things that have been delegated are not serving our higher goals.

Higher Brain- Prefrontal cortex.

The decision-making is the part of your brain that knows what you want most. It can look into the future and think about the long term goals. This is the part of the brain we want to use when we are making our plan. We want to be thinking of what we want most, because our habit brain is always going to be thinking about what we want now.

What to expect:

You will wake up in the morning and make your plan with your higher brain (pre-frontal cortex), but the part of the brain that will show up when you go to follow your plan is your habit brain. It will be a process to notice when your habit brain is showing up and redirect to the higher brain.

Practice. Practice. Practice.

You will get better at what you practice. If you don't take action and you don't plan, you won't get better at it.

As you start practicing planning, showing up for yourself, doing what you say you are going to do, you will get better at it. Give yourself the chance for it to settle in, and become your new normal.

I want you to trust me, and more importantly trust yourself to guide you in this process.
I want you to create a process that you love.
I want you to lose weight and love the whole process.