

Stephanie  
Dodier

Podcast Episode # 18

## The Beyond The Food Show

UnDiet 2017 Series ( #4 of 5 ) - Goal Setting With Feelings  
With Katie Henry



the

BEYOND THE FOOD

Show

WITH STEPHANIE DODIER

## Disclaimer

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Always work with a qualified medical professional before making changes to your diet, prescription medication, supplement, lifestyle or exercise activities.



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Stephanie: Welcome to episode 18.

This is the fourth episode in a five-part series titled UnDiet 2017. I'm inviting you to a new way of looking at weight loss, ditching the diet, and starting 2017 in a completely different way.

If you're ready for something new and different, try this series.

Now how we're going to do this exactly? Well, as I said it's a five-part series. Episode 15 was our first episode where we addressed the main problem which was our relationship to food. And we started a revolution in regards to our relationship to our food.

So, it's a must if you have not listened to episode 15, you got to go back. That's the base of the process.

The next episode, episode 16, we tackle our dieting mentality. Stop dieting and start living.

Episode 17, we tackle my favorite subject, food craving. We actually ditched our old cravings and became friendly with our new one because, yes, you can learn a lot from your craving and by listening to them, you will tune them down.

Now, today's episode, we are setting goals. We are looking forward at 2017, but not in a traditional way. I want you to put aside everything you know about goal-setting and listen in to Doctor Katie today teaching us how to look at goal-setting in a completely different way, from a feeling-base instead of a head-base. So, stay tuned for today.

And, the next episode will be our game plan. That's when we're going to dive in to the details for the left-brained people, you're going to enjoy this episode.

Now if you have been following this series, you had an exercise in the last episode when I asked you to observe your craving and identify the one that are coming from your past and your childhood memory. How was this exercise for you?

Make sure that you leave your comments in the review section of iTunes, so I can have a discussion with you. For me, my craving was sugar pie. Sugar pie was something that was served at every family meal from the time I was young. And it meant pleasure, it meant family, it meant love.

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So even today when I have sugar pie around me, it arise inside of me those exact same feeling. So, our craving are truly talking to us.

Now, I talk about the iTunes review. I would ask you that if you're enjoying the episode right now, and you are benefiting from what we've been talking about, do me a big favor. I need fuel to keep going. Make sure that you go and put your comment in the iTunes review section so I can have some inspiration to keep going.

Now by entering your review, you will also enter in the contest which started on December 15 and will continue till January 15. And for three people, we're going to draw people who left review between this time two \$50-gift card for Primal Life Organic Skincare which is my personal provider of all my skin care. And also an exclusive power hour program with me for three people that leave review from December 15 to January 15.

So, are you ready? Ready to set goal in a completely new way from your feeling? Completely revolutionizing goal setting with Dr. Katie Henry. Let's do this.

Welcome back, guys. I have with me today Dr. Katie Henry, an intuitive health coach and desire map facilitator with a background as a doctor in physical therapy and yoga teacher. Through her own personal struggles, she has learned that you can't help or heal others if you don't heal yourself.

So, welcome in Katie.

Katie: Hi. Thank you so much for having me today, Stephanie.

Stephanie: It's an honor and a pleasure to have you here because I have known you for a couple of weeks now, but I know what you're about and I know how beneficial it will be to the people listening to the podcast. I'm looking forward to that.

Katie: Thank you so much. And, yeah, I'm honored to be here, and I love sharing what I do. So, I'm excited for everybody.

Stephanie: So, tell us a little bit about you first so people can get to know you, what's your own story and how did you come about doing this work.

Katie: So, like you had mentioned, it was through my own personal struggles. I call myself recovering perfectionist, recovering overachiever and recovering workaholic. Because that's exactly what I was. My whole life had been a go-getter and I'm going to achieve this and I'm going to do this. I went to college on volleyball scholarship. I went to Duke for grad school. I got the

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best job as a pediatric physical therapist at the top rehab hospital in the country. And I was like, “Yup, done, done, done, done!” And I felt I was like, “My life is pretty good!”

However, I’ve realized that I was just kind of going through the motions. I was achieving, achieving, achieving. And that was fantastic. And I loved, loved, loved the work I did. I worked with children. And I basically had the opportunity to foresee miracles happened on a daily basis. I was working with kids and families that had been through a lot of trauma. The doctors would say, “Oh, you may never walk again,” or “I don’t know if your child will ever wake up out of this coma,” and I saw kids that could run, walk, jump, graduate high school, walk across the stage, and do a performance when people thought that they would never be able to move. And that was amazing.

But then, I also had to tell people that, “Your child is paralyzed and will never move their legs again. They will never be the same person that you know.” And I love, I love that work, but, I didn’t realize how much trauma I was taking in. How difficult it was to have the conversations I was having on a daily basis with the kids and with the families. And how much physical work I was taking on, moving people, helping people walk, I would be dripping in sweat, taking one step then the other with all the kids I worked with.

And then, the thing was that that also rolled into my personal life. I felt this need to help everybody around me. I’m the oldest of four children, and I felt like I had to hold it all together for everybody and be a good example for everyone. I wanted to make my parents proud and all of this and this is all the things I put on myself.

And I felt like I had to be perfect in my relationship with my boyfriend. And I had to always be there for my friends. I wanted to be the person that everyone could count on. And, eventually, it just took a toll on me. I started catching the illnesses my patients had. If you will be like, “Wait, what do you have now?” “Oh, I got the swine flu. I should’ve been quarantined to my house.”

I remember one I was riding home from work on my bike because I’m super active and I was like the most efficient way to get to and from work is biking in Chicago. Which is great. I loved it. But I got on a bike accident on my way home. And instead of getting the help that the person who hit me offered, I said, “I got this.” I shoved my bike into a cab, went home, and then an hour later, stood up and I couldn’t put weight through my leg and I go, “Oh, maybe I should’ve gone to the hospital.” Had my

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brother get me I ended up having to have a knee immobilizer for my whole leg, a splint on my hand, I woke up the next day and went to work.

My job was to teach people how to walk and I couldn't walk myself. I remember collapsing at work once out of exhaustion. I mean I had adrenal fatigue to the max. I was going, going, going and giving to every single person and I just thought that that was what I was supposed to do. And the tipping point for me was when in the relationship I was in and he looked at me and said, "I can't do this anymore. I'm in love with someone else. And I think she's the one." I'm like, I've always had this hard time catching my breath and that moment, I mean, again, I'm telling you, like this is now the third time I've collapsed. I collapsed I couldn't breathe. And I was like, "This can't be happening to me." And the next morning I woke up, I put on my shoes and I went for a run because my mom always had told me that in college. She was like, "You know what? Just run. It clears your head. It works well for you."

So, I said, "Oh, yeah." Mom said that I'll go do it. And as I was running along the lake, it was interesting because each step I took, I felt faster, I felt freer, I felt lighter, I felt like all this weight started being released. I actually came to a physical halt. And I realized that I had been running my whole life. And I had been running from myself. I didn't take care of myself. I thought I was supposed to worry about everyone else, and I needed to take care of myself first if I wanted to do any of the work I wanted to do.

And so, I mean, I'm still working on it, but, that day I promised myself I like looked at myself in the mirror and I was like, "Katie, you have to take care of you. You have to." I felt like it was crazy because I felt like I actually finally could see myself for the first time when I was looking in the mirror, and it made me smile, and I was like, "Wait. I'm not so bad."

And so, that's like a whirlwind of different things piling up on each other. But what I found and realized is that everybody has that. I'm not alone in that experience. It's something that every person has and everyone feels. Even from the outside, you don't look like you had it all together. That's what it looked like. I was lonely and empty on the inside that I had to take care of myself. And it's through my own healing that I've actually been able to do better work.

In my physical therapy work, in the kids I work with, I show up better because I am taking care of myself. In the work I do with my clients, I'm taking care of me so I can take care of them. And I teach them how to do that and I actually get fired up and really passionate about it because it's so important. And they think the foundational step of taking care and the

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healing yourself is really tapping into what you really want, how you want to feel, how you want to show up in your life every day, and finding a way to do that on a daily basis.

So, that's the huge [0:12:22] factor of what I do now. And I think that like everything that you talk about and you're about Stephanie, too, is very similar which is why I felt so connected with you. And I think it's a message that more people need to hear. And they can do it in many different ways, but you got to take care of yourself, no matter who you are and what you do. It's essential.

Stephanie: Stephanie: I cannot agree more than my whole being with you. And I want to say thank you for having the courage to tell your story because when you are an overachiever, a Type A personality, to have the courage to say this is it means that you've done a lot of growth for yourself and a lot of realization. And I thank you for sharing that. And the fact that you're sharing that will inspire other women to look at themselves in the mirror and say, "It's true. Maybe there's too much going on in my life and I'm giving to too much people around me and not enough to myself." Because society has us put this badge of honor that we're busy and working out to the world, and nobody takes care of us.

Katie: Oh, and I think that, unfortunately as women, that's something that all women do. And I feel like my whole life I was like, "I'm fine. I got it together. I'm good. I'm fine. I'm fine." And you just put on this mask and you pretend that everything is okay.

Stephanie: Yes.

Katie: And you get to the point where you actually believe that. And it's okay for things not to be okay. It's okay for things not to be perfect. But you're right. Like society praises for being like, "Oh, wow, look at her she has it all together! Oh, my gosh! She's achieving X, Y, and, Z, good for her." And it's like, well, I mean, yes, that is good, but -

Stephanie: But meanwhile, you're alone in your home and you're crumbling like you and me to pieces, but you got to put your badge and your mask when you go out in the morning. So, if you're hearing that anyone out there and it's touching you it's because it is possible to transform ourselves, right? Katie has done it. I've done it. Transformation is possible and no matter who is telling you it's not, it's B.S. It's not true. There is a way.

What Katie will teach us today is a way for us to begin this process of transformation and setting ourselves a trajectory that is based on what we've been ignoring along the way, which is our feeling and how we feel.

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Katie: Yes. And that is a foundational piece that honestly a lot of us ignore and I would say that the most important part of all of this, Stephanie, is that we all have it in us. Like you said, we all have the ability to make this transformation. We just need to allow ourselves to do it. And also know that what worked for me might not work for you. And what worked for you, Stephanie, might not work for me and what works for somebody else out there, it's not a cookie-cutter thing. And that's okay. And I think that's one - especially when it comes to food and eating and your health, you're like, "Oh, but, look at her. I should follow this," or "I should do what she's doing because dah-dah-dah-dah." That doesn't always work for everybody.

So, yeah, this whole process of tapping into your feelings and your desires and how you want to feel is really tapping into your intuition which is really strong for women. And I ignored my intuition for years. And now that I've tapped into it and I've really understood it more, all of these crazy things are unfolding for me, for people I'm connecting with, and everything, and it's like, "Oh, my gosh, why was ignoring this for so long?"

Stephanie: Because if we didn't ignore it, we would've stopped way earlier.

Katie: Yes, that's true.

Stephanie: Our busyness in our wanting to achieve actually helped us put away our feelings.

Katie: Yeah.

Stephanie: And when we stopped going, then I'll send those feelings inside of us are so strong and they're coming out and that's when we get in touch with our intuition.

So let's get into the core of it right now before we run out of time. So, you're here to help us set goals in a completely new different way for 2017. So it's goal with soul. So what is that new way of looking at goal setting that is different from what we've ever done in the past?

Katie: Well, first off, I want to say that this is something that I was inspired to teach from Danielle Laporte. Her book is called "The Desire Map." And I have read it and I was like mind-blown, "Oh, my gosh, why haven't I done this before in my life?" And what the desire map process is about in creating goals with souls is when we want to achieve a goal in our life, it's not the goal itself that we want. We kind of have things backwards.



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We are achieving the feeling that that goal is going to give us. So, if you say, “I want to have this promotion in my job.” It’s not the promotion that you’re going for. It’s the feeling the promotion’s going to give you. So, whatever that is for you. So is it the feeling of success? Is it recognition? Is it finally being seen and being heard for all the work you do?

So if you set yourself up to reach that feeling of being seen or of success every day, then, the goals you want to achieve are going to happen because you’re going after the feeling and that’s the core of what you really want. And that’s the core of making a shift and a transformation in your life.

The essence of what you desire in your life is a feeling. And when you can tap into what that feeling is for you, goals you just check things off the list without even realizing it. The problem is that not a lot of us tap into those feelings. So, it’s like, “Okay, great, Katie, that sounds good, but like what does that even mean?” So there is a process to all of this.

So what you first have to do is even just think about what your relationships were with feeling. So did you talk about your feelings as a kid? Do you talk about feelings now? Like what was it like with in your family? Just think about that.

For me, we didn’t talk about this stuff at all. I’ve talked about this with my brothers a lot. Like we both had issues in relationships we had because we didn’t sit down and talk about our feelings. And say, “I feel this way. I do this way.” Was shove it down, shove it down, ignore it. I’m fine.

And so, I think a first exercise that anybody can do is say, “What do I really want? How do I want to feel?” And just start writing down whatever words come to you. And this whole process is like no judgement at all. You cannot judge yourself with whatever comes up. Just it’s basically like word vomit of whatever comes out, write it down on a piece of paper. So write down your feelings of what you want. And then how do you want to feel and the words that start in the beginning maybe, “I want to feel happy. I want to feel good. I want to feel successful.” Those things.

So you write all of the words down you can think of. I personally like to set a timer because sometimes you can go on forever. So for the next 3 minutes, I set a timer and I write down everything that comes up. And then you do that.

And then what you do is you kind of take a look at that list. And you can take it into 5 different areas of your life. So what I’m going to do I’ll talk about

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the 5 different areas but I'm going to talk more specifically today about body and wellness. Just because I think that would be really applicable to everybody listening.

Stephanie: So just one thing. It's for people who can picture the traditional goal setting that people do at New Year every year where they set a goal in their personal life, they set a goal in their job, they set a goal in their wellness. It's the same type of area but instead of being a goal of losing 10 pounds, it's a goal of feeling light. Is that what I'm getting here?

Katie: Exactly, exactly.

Stephanie: Okay. Awesome.

Katie: So, no, no, that's perfect. So there's 5 areas you want to look at. It's your livelihood and your lifestyle which is like you're day-to-day life, your body and your wellness is the second one. And so that's what we're going to go into a little bit more. And the third one is creativity and learning. So how are you being creative and expressing and growing? And then it's relationships in society so that is interpersonal relationships, romantic relationships, anything like that. And then the last part is your essence and your spirituality. So that's really your deep soul connection to yourself.

So, you do this process in all five things. But, it's kind of a comprehensive thing. So I was like, "We'll pick into this one."

So, for your body and your wellness. What you do is you say, "Okay, in my body, in my being, in my overall health and wellness, how do I want to feel?" And it's not, "Do I want to lose 10 pounds?" You'd be like, "I want to feel sexy. I want to feel confident in my body. I want to feel good. I want to feel energized." All of those types of things.

So you write down all of those feelings that are coming up. Like I said, set a timer and then you have that. And then, this is my favorite part. You write down what you're grateful for about your body and your wellness. Because no matter what there is something good about ourselves even if we think, "Oh, my gosh. I'm disgusting. I feel horrible." Look deep because there is something good and there is something that you can be grateful for.

And honestly, just because of the work that I have done, I'm grateful that I have two legs and I can stand up and walk. I know a lot of people that don't have that. And that's pretty awesome. I can move independently. And I think it's little things that we take for granted sometimes.

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So you write off all the things about your body that you feel good about and you say, “Wow! Actually, I’m not that far off.” And then after you say what you’re grateful for, you say, “I’m grateful for this because \_\_\_\_\_.” You think about how it benefits your life, and then also how it increases your happiness.

So, you say what you’re grateful for and then you say why because that gets even deeper to what is actually good about what you have right now. Not, “What do I want to change,” but, “What’s good about what I have right now.”

And then after you do, fill yourself with all this goodness, you think, “Okay, what’s not working? What’s not serving me in my body, my health, and my well-being?” It can be weights, like physical weights. It could be emotional weights. It could be this nagging sense of feeling exhausted all the time and just write it all out. And even the process of writing it out releases it. And then you say again, “Why I’m dissatisfied? Why this is negatively affecting me? Why?” You look at all that stuff and when you actually write it down and see it on paper you’re like, “Why would I want this in my life anymore?” So it’s easier to get rid of it.

So even if you do want to lose 10 pounds and, let’s say, you want to lose 10, 20, 30, 40, 50 pounds, you say like, “This weight is holding me back from being the confident strong woman that I am. I’m going to do something each day that gets rid of that weight so that I could feel more confident every single day.”

So to summarize, so far we’ve got write down the feelings that are coming up with how you want to feel in your body and wellness, what you’re grateful for and why, and what’s not serving you and why is that negatively affecting me, why. The Why is really important because that’s where you get to the feelings.

And then, after you do that, you come back to those words that you wrote down and you say, “Okay. [Maybe 0:24:37] I wrote down energized and sexy, but I’m actually really grateful for these things. So, maybe my word isn’t sexy, isn’t energized. It’s bold, it’s confident.” It’s like you make it deeper. So after you do the exercises you revisit those words that you came up with and you say, “I think I need something more powerful.” I’ve honestly like pulled up the source because my first word, my main word is joy and the first time I wrote bliss, but I was like, “I don’t know if bliss is it.” So, I Googled and pulled up bliss and then I looked at other words and joy popped up and I was like, “That is it. I want to feel joy because I feel like that is the highest level of emotion. It’s like elation and that’s kids running

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around in their diapers and everything is good. I want that every day.”

So you look at all this stuff and then you really find a word and you’ll know when you find the word, you’ll be like you get that. That’s when you listen to your intuition. You get that and you’re like, “That is IT!” Does that make sense?

Stephanie: Yeah! It feels that sensation in your core that like, “This is how I want to feel every day.”

Katie: Exactly.

Stephanie: And for people who’d never done this type of exercise, the key three-letter word that Katie’s been saying is WHY. And when we do traditional goal setting, we don’t ask ourselves why. We just put this big bold number or objective, and then within three or four weeks, that pans out and it’s not exciting anymore because that has no purpose in your life.

Katie: Exactly.

Stephanie: And finding the why gives you that purpose.

Katie: It really does. And then when you have the why and you have the word honestly, the way you set up your goals is, okay. So, for example, let’s say, “I like bold for your body.” Like you feel bold, you feel strong, you’re standing in your sexy confident self and your like, “I got this,” then you ask yourself every day when you wake up, “How do I want to feel?” And your answer is bold. And then you’re going to have five other words for the other areas of your life and know that things can cross over. But you’re going to say, “I want to feel bold today,” and you own that. I mean I’ve written sticky notes all over the place. Bold in the mirror. I write it in a journal. I have like a planner that has these things. What are your core desired feelings? I write it out and then I say, “What can I do today? What is one thing I can do today to make myself feel bold?” And you do one thing that day that makes you feel bold and you keep doing it every single day. And after a week, after a month, you’re like, “Wait a second. I have more energy. I feel better. I feel more confident.”

And then, let’s say, you step on the scale and you’re like, “Oh my gosh! I lost 5 pounds! I’ve been changing things, but you’re doing it from this place of feeling, “I want to feel this way.” And then those goals that you want, you can write those out still but you have to come from the place of how do I want to feel? How can I feel bold? How can I feel confident? How can I feel joy every single day? You ask yourself that and then you can



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write out three things you can do that day to feel that way. And that's how you can kind of reverse engineer it. Say, "You know what? I want to feel bold in three months what can I do to feel that bold confident self?" And then you write it out that way.

So it's you go for the feeling first and then you take the steps to get to that feeling from there. But like you said, it's the why and it's the feeling and it's the core essence of it, not the "I will do X date by X." There's no passion behind it. And when you're driven by passion and you're driven by feelings, it's like flipping the switch. You flip that switch and it's boom.

Stephanie: It's being driven by positivity instead of being driven by fear. And the whole, go back to the losing 10 pounds, it's about the fearing of what your body looks like, of what how you feel in your jeans, and what are people are saying about. You're going at it from a fear-based perspective. And what you're proposing is going at it from a love-based perspective.

Katie: Absolutely. I am a firm believer that we can either live in two different emotions - fear or love - they can't coexist. So, you have a choice. Why not choose love over fear?

Stephanie: And that's how the human being grow with love. We don't grow out of fear. We destroy ourselves out of fear. So, looking at our goals in that perspective, and I've done this exercise myself. I'm looking at the desire map book and I'm going to link it in the show note as well. But, that was my A-ha moment three years ago. And that's after 15 years of corporate goal setting of hardcore setting your goals for 15 years corporately and then I wrote this book I'm like, "Oh, my God." And since then it's been on my wall and that's how it has led my life and people ask me, "How did you transform?" That's part of it. That's one of the elements of that. And that's what we've been talking about for the last four episodes is un-dieting our life is not just one thing. It's not just food. It's all those elements in what you're proposing today is at the core of keeping your motivation all year.

Katie: Yes.

Stephanie: And that's when you float in positivity, it's going to allow you to keep your motivation because that's going to be the next hurdle is how do I stay motivated?

Katie: Right.

Stephanie: That will.

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Katie: Exactly. And I think that this, like you just said, Stephanie, you're transforming your mindset and you're making that shift towards positivity and that's how you make goals "happen" long term.

And it is really truly a daily process of asking yourself this question, "How do I want to feel?" and being motivated from there and the goals will happen. They will. You will achieve them. And when you switch your mindset around things, it's so much easier to achieve, you're just so much more motivated and at the same way like I got trained corporately. I'm through like I said in the beginning, a very successful of I will achieve this, I will do this, I will do this. But it didn't have any meaning for me. And when it came to my health, I fluctuated up and down and up and down. And I've never felt healthier now because I've healed myself from the inside. And that, I personally believe, is what true health is. It's not the physical part. And, obviously, you want to feel in your physical body, but, when you can connect yourself on that deeper level, and feel health from there, that is to me what a really healthy person is.

Stephanie: And you're totally right. I mean, I was sharing, and, I think, it's episode 15, the first part of this series, the definition of health even by the World Health Organization. It's the sum of the three things - it's the sum of your social environment, your physical environment and your emotional environment.

Katie: Yes.

Stephanie: So, if you go at goal setting from a negative perspective you spend your whole time beating yourself because you're not achieving. Where with this is how if your core feeling is love, so how do I love myself today? And is this choice in my life an act of love towards myself? Is that going to help me achieve love? Or the goal, the feeling goals that you have for you.

I think it's very powerful. So you've given us five steps that people can work on it themselves. They can buy the book. But how else can they go about doing a complete goal setting with you?

Katie: So, I am so passionate about this. I do live in-person workshops and stuff but I am here in Chicago and I know that not everyone can come to Chicago. Even if you're ever in town, look me up. Katie Henry and I would gladly meet for coffee or tea or whatever. You can join me in person.

But I do have a virtual workshop where I take people through the five areas of your life. But then, also what to do when things come up because things aren't going to always be perfect. And you get journal prompting and journal exercises. And it's a virtual workshop. And you go through the

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whole desire map process.

But the other thing is that you're with a community of other people that are going through it with you, and there's a discussion and there's support and there's this connection with a community of people that are going through the same process that is so powerful.

And my favorite thing I do in my business is these workshops. Whether they're in person or virtually, it's just so transformational. I also coach people individually in my coaching. And this is the foundational piece of where we start when I coach them.

Stephanie: Okay. Awesome. So, do you have a virtual workshop coming up in the month of January?

Katie: Yeah, I do.

Stephanie: Awesome.

Katie: My virtual workshop is starting in January and it's starting January 2, I believe that's the first Tuesday in January. Correct?

Stephanie: Okay, yes.

Katie: Oh, no, I'm sorry, January 3. So it's starting January 3 and I am giving everybody who is listening today a \$100-discount on my course. So if you go to [bit.ly/beyondfoodkatie](http://bit.ly/beyondfoodkatie), that is going to link directly to the page where you can sign up and the \$100-discount has been applied there.

I wish I could give this away for free but I want more people to learn this process because it's so incredibly powerful. So, I am honored to share this with you guys and give you that discount because I would love for you to join me in this process because it is truly transformational. Stephanie said it. I've said it and I have coached so many women on this process and I am just ridiculously passionate about it, if you can't tell.

Stephanie: We can.

Katie: You're like, "We get it. Tone it down."

Stephanie: So, for everyone, the link is going to be in the show notes. So if you go to [stephaniedodier.com/018](http://stephaniedodier.com/018), you will be able to have the link that Katie was - just click on it and the \$100 will be applied to your discount. If you feel this in your gut right now, you're like, "Oh my God, this sounds so interesting," that is

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your intuition speaking.

Katie: Yes.

Stephanie: Go at it. I know it's starting soon. But it's the right time of the year to do this. And if you really truly want to get rid of this diet mentality and start changing your life, this is a great place to begin. So follow your intuition, go to the link and sign up for the workshop and get through the process, and it's going to transform not only 2017, but the rest of your life because you will have that skillset with you.

Katie: Absolutely. And I want to say, too, if anybody has questions on this process you can reach out to me and I'll have my email and stuff on the show notes, if that's okay.

Stephanie: Stephanie: Yeah.

Katie: That's fine. You guys can email me at [katie@drkatiehenry.com](mailto:katie@drkatiehenry.com) (?). And if you have questions or like how do I even work this process, I seriously love talking about it and I'm happy to help answer any questions people have because it is really transformational.

And, yeah, you guys, I can't even tell you me following my intuition is how I'm having this conversation with Stephanie right now and all of you. If I didn't follow my gut, honestly, for the past two years of my life, I'd think I'd be a totally different person. It - we listen to it, if you feel it, it means it's right. And that comes to anything in your life. And, honestly, as you guys are listening to this, I'm sure you've said, "Had that feeling in every single episode you listened to Stephanie talk about things." That's what we are about as human beings is that core feeling; that gut feeling. The more you listen to that in your life, the more you're going to be living, what I believe is, everyone's truest purpose. And that is our intuition telling us, "Hey, do this, do that, do that."

And whether it's this process or anything, I just wanted to like make that public service announcement. Follow your intuition. It is the best thing we have, especially as women. It really is.

Stephanie: Stephanie: Thank you very much, Katie, for coming on. And all the information will be in the show notes. So just go click on that. Thank you, Katie.

Katie: Thank you. Bye, everyone.

Stephanie: Bye.



# Podcast Transcript

There you have it. How to set goals with feelings. To make sure you stay motivated for the whole year. Be sure to let me know what you think of this new style of goal setting by leaving a review in iTunes and this will enter you automatically for our contest to win a gift card for Primal Life Organic Skincare.

Come back for next episode which is going to be the fifth in the fifth-part series of UnDieting 2017. And that's when we're actually going to give you the details. The step-by-step of what needs to happen in your life so you can transform and un-diet your life.

The links of everything we talked will be in the show notes at [stephaniedodier.com/018](http://stephaniedodier.com/018). That's where you can also pick up the transcript and the link to join the community and also a link to the Keto Connector Program which is my unique program that will allow you to move forward from worrying about food and move onto healing your body.

I want to take a moment to thank our sponsors for today's show which is zivaMind with Emily Fletcher. zivaMind is the world first online meditation training. You can learn to up level your performance in your life in meditation in only eight days. Meditation changed my life. Meditation can change your life and it can allow you, as Dr. Katie taught us today, how to get in contact with our intuition so we can develop a better connection with our feeling. And meditation can help us to do that by quieting our mind and allowing to listen to those messages from deep down inside of us.