

thefastingmethod_080.mp3

Megan [00:00:06] Before we get started with today's episode, I would like to quickly read you our podcast disclaimer. This podcast is for educational purposes only and it is not a substitute for professional care by a doctor or other qualified medical professional. You should always speak with your physician or other healthcare professionals before doing any fasting, changing your diet in any way, taking or adjusting any medications or supplements, or adopting any treatment plan for a health problem.

[00:00:42] The use of any other products or services purchased by you as a result of this podcast does not create a healthcare provider-patient relationship between you and any of the experts affiliated with this podcast. Any information and statements regarding dietary supplements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.

[00:01:13] All right. And now we'll get started with today's episode.

Terri [00:01:19] Welcome back, everybody, to another episode of The Fasting Method podcast. And this week, Dr. Nadia Pateguana and I, Dr. Terri Lance, are here to talk about accountability. How are you doing, Nadia?

Nadia [00:01:33] I'm doing great. I'm ready to pick your brain, Terri.

Terri [00:01:37] All right, I'm ready. [laughter]

Nadia [00:01:39] All right. Well, we were just chatting before we got started today, and I was saying, "Oh, I can't wait, Terri, to pick your brain about this topic, accountability," because I'm always boasting about how much I got out of Terri's masterclass. And we were talking about that, too. And she was saying, "What do you mean Nadia? You've been doing this for 20 years. I'm sure you got a lot to share as well." And of course I do but any time I have an opportunity, Terri, to pick your brain about these things-- and, you know, today I was saying to somebody that after doing your first masterclass-- it's a coincidence that you mentioned that, but it significantly changed the way I coach people. And here's the one thing that somebody said to me. It's like it's obvious that I'm empathetic, like, I've got skin in the game when I'm coaching people, right? Like, I am very involved. But after doing your masterclass, it helped me with a lot of things.

[00:02:31] One of the things that somebody said was that it actually made them feel like, okay, they knew I was empathetic-- always, right, like we're empathetic people, but they could feel that I was empathetic. Like it cha-- because, you know, one of the things I learned in your masterclass was this idea of fixed mindset and growth mindset. So very, very strong people, right? Many of us consider ourselves strong people. I consider myself a very strong person, but I'm very set in my ways because of that. And so it leaves very little room for growth. So that was one of the things in your masterclass that I thought, "This is brilliant." And listening in with my husband-- I told you that, right? We listened to your entire masterclass together. He kept saying, "This is so valuable for life in general, not just diet."

[00:03:15] So accountability is one of these things. I'll be honest with you. Last time we recorded together, I really very much wanted to talk about self-sabotage, right, I told you because I think this is something that comes up a lot. You know, I coach a lot, right? I'm back to coaching one-on-one. So this comes up a lot - self-sabotage. People will say,

"Why do I self-sabotage?" I can have all the tips and tricks. And, you know, I'm all about the tips and tricks, right? Toolbox full of well, do this, do that. Very solution driven. But it's hard for me to explain things like why we self-sabotage because it's not part of my repertoire.

[00:03:48] Accountability is another one. I am very much there for you. I am your buddy. I am your coach. You know, I always tell people, "I'm here to remind you to keep your eye on the ball," but I don't have the skills to explain why we lack accountability or what we can do to be more accountable to ourselves. So that's where Terri Lance comes in. [laughter]

Terri [00:04:10] Well, thanks, Nadia. One of the things I think about with accountability, similar to self-sabotage and other topics that we discuss, is that oftentimes people start to become critical of themselves for needing accountability. Every time, I swear, when I do an intake assessment, someone will say, "I know what to do. I'm having a hard time doing it. I'm embarrassed that I need anyone helping me to do it." And I think about things like professional athletes. Let's use, for example, Serena Williams. I mean, does she have any more to learn about how to play tennis? I don't think so. Why did she have a coach all of those years? We need accountability. We need someone pointing things out to us. We need someone holding us to things because it is difficult for us to do that for ourselves.

[00:05:11] We need to set up some outside mechanisms, either other people or other ways (and I'll talk about some examples of that). But oftentimes people think, "I must be weak if I need accountability." No! Think about so many structures that are set up for us to hold us accountable. Why-- I imagine this happens in other countries but, for example, in the US, your taxes are automatically deducted from your paycheck. Why is that? Because who would pay them if they weren't? No one wants to be paying them, so why would we be paying them? You know, we lose sight of that. Our brains are looking for survival strategies, things to keep us alive, to avoid pain, and maybe seek some comfort, not pay taxes. So we have a system automatically set up. There are many things like this. Why do we have speed limits? Because if we didn't, some people would be-- you know, here, maybe the speed limit is 70 miles per hour. People would be driving 90 miles an hour, and it wouldn't be safe for the conditions.

[00:06:21] So it's very normal to need accountability. I sometimes refer to rules that people make up for themselves and ways of holding themselves accountable as being like bumper guards at the bowling alley because otherwise you're going to throw that ball down the alley and it's just going to bounce off and go out over to the lane next to you, but those bumper guards keep you more in the center. Accountability holds us more toward the center. It doesn't mean perfection, but it keeps us in that lane.

[00:06:57] So I'm curious, Nadia, what you've seen over the years. What helps people to hold themselves accountable or to receive accountability, support that helps them?

Nadia [00:07:13] Well, I'll tell you one thing. So we do intake sessions, right, before we start coaching people. We do these 15-minute, free sessions, but really the point of them is to get to know people, to get to know each other, and really just to see if our program is a good fit for them and if we as coaches are a good fit for them. And every time we ask a couple of questions like, "Why do you think you need coaching?" People no longer say, "Well, because I really don't know how to fast," or, "I don't really understand low carb." That's very rare. Most of the time people are coming in saying exactly what you said: "I know exactly what to do." You know, they might be confused, they might need some

tweaking here. Maybe they need some help with therapeutic fasting, but people understand the overall concept of fasting.

[00:07:55] Most of the time people say, "I need accountability. I want to be consistent and I can't be consistent on my own," which I find to be very normal. So then I always joke, right? I always say, "Oh really? So you're not an alien, you're human. Oh!" because my joke is I've never met an alien. I've only ever met humans, right? So very human. I recognize that it's a very human thing to need accountability. It's very hard to be consistent on your own. So that's something that we work on together.

[00:08:22] And we're pretty fortunate because we've been doing this for a long time, right? So Megan and Jason, you know, started the clinic, I think, over ten years ago at this point, and I've been with them for over seven years. So it's-- we're pretty lucky to have created a pretty good system. We also have this huge Community, right? So in between calls-- so coaching is great for accountability, especially because I convince people from the beginning that they need to show up whether they are doing great or not, because a lot of times, you know, people only want to show up to coaching calls if they've been perfect. So it's very important right off the bat to say, "Well, you know, accountability doesn't mean coming in only when things are perfect, right? You need to show up," and having somebody that you know you have to check in with. So within our-- even our Community-- so we have a coaching program and then we have this great Community. You can come into the Community forum and create your own or join an existing group. And that's-- of course, the main reason for that is for accountability.

[00:09:21] When you come into our live meetings, the live Community meetings, there's specific sub-topics, but the main reason for that is accountability. So showing up and being accountable. You know, we very much-- I know in my groups, I start off these meetings by saying, you know, "Let me hear from you." You know, you want to hear when people are doing really well because it's very encouraging and motivating, but you also want to hear when people are not doing well so that we can help, you know? But just showing up. And people will say, "Well, my NSV, my non-scale victory, is just showing up today." And more times than not, just showing up, listening in, you know, being with your buddies, with the Community, with your coach, you're much more likely to have a more consistent, successful day and week. So that's what we find.

[00:10:07] So actually the funny thing is people don't really come to us, it seems, Terri, for our brain [laughter] or a huge brain full of information, you know, it's very often they're like, "Well, I need policing." And I don't know that I like that expression so much because we're not there to give people fines and fees or to even-- this is me, I'll-- this is my approach. When people come in and they want to harp on what they did wrong-- you know when people fall into this pattern of like, "Oh, you know, I went to this place and then I ate this and I did that," and they want to keep talking about it. I'm like, "Okay, you know, oh, so you--" again, I'll do the whole joke, "So you're not an alien, you're human. Okay, great. I don't really want to harp on it. I think it's a great opportunity for us to say, 'Okay, now what do we do?'" Right?

[00:10:50] I'm very solution driven. That's why I write the blog posts that I write. It's always when I've been going through things in my life and I'm like, "Okay, what's the recovery plan? What's the plan?" Right? Because it's all-- it seems like coaching and having buddies, it all gets sort of, for me, muddled into this one thing. But I'd really like you to define accountability a little bit better, to be honest, because I don't know that I can define so much coming in for accountability or just coming in for-- you mentioned Serena Williams

in her coaching. Is it because the coach can see things that you can't see? It isn't that. Accountability is something else. Can you define that? Can you help us understand that? Or me, at least?

Terri [00:11:33] The way I think about accountability, it really is that thing that holds us responsible. It makes us take the steps to follow through with whatever the plan is. And for me, one of the greatest accountability examples that I struggle with to this day, age 54, is the dentist and flossing. Now, would it be good for me if I had a daily flossing habit set up? Yes, it would. And every time I go to the dentist, I remember about five days before I'm going, "Uh oh, I have not been flossing," and I know what they're going to say so I floss maybe three times before I get to the dentist. And they say, "Have you been flossing?" I say, "Well, a little bit." And so then, again, they talk with me about how to do that.

[00:12:29] Now, some people come to groups in our Community or come to a coaching session and they say something like, "Well, I had not been doing any fasting and then I remembered I was seeing you today," or, "I was coming to this group. So I fasted for the last couple of days. I went in and did 18/6," or, "I did a 24-hour fast," or something. So even just having that check-in, it's that holding ourselves responsible. And in essence, oftentimes people put accountability on the responsibility of others for keeping us in line, like you said, policing.

[00:13:08] I think the goal of accountability is so that it holds you to your own responsibility long enough until this becomes habit. So then I think about [laughs] those of you who are going to think I talk a lot about the dentist, but I will gladly report I have no cavities. [laughter] But when I was a kid, I hated brushing my teeth and my parents did create some kind of chart where they could check off that you had brushed your teeth. Well, I outsmarted them. I just put water on my toothbrush, came back out of the bathroom, and said, "Done!" My mom said, "I can tell you didn't even put toothpaste on this." So I-- you know, I tried all kinds of things. Next time I'd go in and smear some toothpaste on it, rub it in for a little bit. But the goal of that is not that I have to keep a 'Brushing my Teeth' chart still (but maybe I need to do this for the flossing), but it's habit now. I do it naturally on my own. It's such a routine part.

[00:14:10] But for most of us, when it comes to eating in a way that we're not used to or going against the grain of how our family and everyone else is going to be eating at a social event, we need some accountability until that becomes natural for us. Again, this is why I want to encourage people not to think of their need for accountability as a negative thing. You need to work on holding yourself responsible for it until it becomes a natural, kind of like an inborn behavioral trait.

Nadia [00:14:45] That's a really great example. And like, I couldn't help but look at your teeth and I'm like, "They're really nice teeth. How did you get away with that for so long?" [laughter] But this is it, right? So within our coaching program, it's been adapted because in the past (and you know, this only too well, Terri), our coaching program didn't used to have expiry dates and that seemed great because you got to talk to people for years. You know, I have clients that I have talked to for over six years, but these are the clients that will check in on me in January. Every year they'll do the New Year's resolution thing, check in, and, "This is the year," that they're going to be accountable. But then if they don't come in a week later or a month later, you know, it's impossible for me to even do the accountability part of things.

[00:15:29] So, of course, our coaching program now, for a good reason, is set up so that we can help, because I really do think that that's the biggest-- you know, all of us have our own individual way of coaching, which is-- you know, luckily people seem to like, but really the main component here is accountability. And the idea, like you said at the very beginning, that it's not a sign of weakness. *Everybody* needs accountability until, as you said, something becomes part of your routine. And I don't think therapeutic fasting is something that becomes part of your routine because it is something like, you know, like physiotherapy, like chemotherapy. Not only is it not part of your routine, it should never be part of your routine. It's something that you do for a short period of time until you get the healing that you so truly need and deserve.

[00:16:15] So I understand. I do understand why people need accountability for their therapeutic journeys, right? So showing up, having to show up, and this idea that, as I said, you know, you show up no matter if you're doing well or not, you show up and we will help you create strategies to improve, to find a solution to whatever your obstacles are. But this is it. It really is. It's the accountability. This is why we do what we do. This is why we coach and probably in every other profession, right? So I'm glad that you defined that in that way. I'm sure people may have different definitions of-- but it is funny how if you look at most of our intake forms, this is one of the main reasons why people say they're coming in: they need accountability.

[00:17:01] And so what do you think about accountability just for people that want to do this on their own, for whatever reason? But what do you think about accountability and journaling? Do you think that journaling is a form of accountability?

Terri [00:17:14] Let's take a look at accountability on two levels. One, like you were saying right now, a personal accountability. How do we hold ourselves accountable? What are our mechanisms? And then we'll talk a little bit, kind of reflecting back on what we've been talking about with the coaching and the meetings - accountability with others, having others be involved in it.

[00:17:35] So I think for individuals who want to work on their own accountability, journaling can be a great strategy. It also can be helpful for so many other things of kind of keeping track of the process. I wish so much now that I remembered the details of my initial journey because I'm trying to share it with other people and I don't remember week to week what I was experiencing. I remember the beginning, I remember the end, but I don't remember what was happening along the way. So doing some type of journaling can help you track your progress. It also can help you identify what are the things that are getting in the way. If I often fall down around this particular thing, journaling can help me to see that, not to feel shame and blame because of that, but now I have something that I can focus on and strategize about.

[00:18:33] The other thing I encourage for a lot of people is a little offshoot of the journaling but more into some type of mechanism, like the teeth brushing chart that my parents had set up, but some way of tracking what you've done. And I know this is going to sound weird to a lot of people but trust me, a lot of people really enjoy this - creating a chart or a calendar for yourself where you're getting little stars, little sticky stars that you maybe got on your spelling test when you were in third grade or something. But I have several clients that give themselves a different color star for what they accomplished that day. Maybe that was a day, it was an eating day and both of their meals were on track, so they get a silver star. And the next day was a fasting day and they went the whole day, maybe they used one fasting aid and the rest was exactly ideal fasting, so they get a gold star. They can

look at their calendar and see it just splattered with these stars or they can see, "Oh, there were a couple of weeks this month," or, "Oh, last week, I hardly got any stars. Okay, what do I want to do now?" Again, not a shame and blame thing, but a reflection to say, "Oh, I see it. When I'm doing these things consistently, I'm seeing more of the results I want." We can connect it to the process more. Or we can say, "Oh, I see I've been really struggling." Let's say they get a blue star if they do some physical activity: "Hmm, I've been really struggling to get any blue stars this month. What do I want to work on?" So doing something like that can really help.

[00:20:21] I share this often in my groups and in my coaching sessions, but I have a magnet system because people in our Community had started sharing some of the ways they were adapting this and some people were putting beads in a jar each time they did a behavior that they wanted to reinforce. You know, this is also about celebrating the steps rather than just the end results. And so this was starting back in March and I wanted to increase my physical activity. So I got these really beautiful mandala-like magnets. And I have a set of, I don't even know, 48 of them or something. And each day that I do something that I count as physical activity, maybe that means I do a resistance-band workout, maybe it means I go for a walk, maybe it means I go downstairs and hop on the Peloton bike. Whatever it is that I deem counts, I get to put one of those magnets up on my fridge. And then I can see each week, "Woohoo! I got this many magnets this week." And by closer to the end of the month, I've got this whole slew of magnets. I get so excited about this. I really don't love going downstairs and hopping on that bike, but I love putting that magnet on the fridge. And for me, I have a side-magnet tracking system for bike rides themselves because I want to get 100 of those. And so I put these little tiny silver magnets for those, and right now I have 24 of them. So I can't wait, today I'm going to go and do another ride so that I get to put another magnet there. So this is not accountability that I'm doing with anyone else. It's simply something in my own life, a way of me tracking.

[00:22:10] And, so like you said, journaling, setting up a system where you can visibly see what you've accomplished. Some people might use a reward system. So let's say with my magnets, if I said, "Every month that I earn at least 20 magnets, I can spend \$50 on Amazon," or wherever I wanted to go, or I could get to go for a massage. Of course, I always encourage people, don't reward yourself with problematic food. But I can earn something then with these tokens or things that I'm kind of earning. Again, that's what's holding me to that responsibility.

Nadia [00:22:52] So what I'm hearing you say, and I don't know if I've ever made this connection before, and, again, why it was so important to define this better for me and probably other people are benefiting from this. What I'm hearing you say, I think, is that positive reinforcement will help with your personal accountability. One thing I've also heard (and I think it was from you, but if it wasn't correct me) within our Community, people had this habit of-- again, you know, fixed mindset from back in the day. They had these charts and they would do the sticker thing, but they would do the red crosses. Like, every day that they didn't do what they wanted to do, they would put one big red cross. And at some point people started saying, "No, no. No more red crosses. You only put the positive, beautiful stickers for the things that you do. Celebrate your victories don't sort of punish yourself for the things that you didn't do." So no more red crosses. All these boards full of beautiful colored stars or magnets sounds even better.

[00:23:46] But what I'm hearing you say is that the positive reinforcement is not just there because it's positive reinforcement, but really it's there for personal accountability.

Terri [00:23:57] Absolutely. We, by nature, respond to rewards.

Nadia [00:24:02] Yeah.

Terri [00:24:03] So getting to put up one of those magnets is my reward. Sometimes I even sneak one up there before I go downstairs because it's so exciting. It gets me down there. Whereas before it was just like, "Well, I really should go down there and get on that bike. Okay, well, I guess now it's too late." Now I'm like, "Oh, yeah, I'm going to do it because, look, I'm going to move this magnet up." I've worked out all kinds of systems with myself. Sometimes I put extra magnets toward the bottom that I can just slide into the space when I earn them. So doing some type of a (like you said) positive reinforcement helps.

[00:24:42] Many of us learned habits when we were young by having them positively reinforced by others. If we did this, we earned this. I used to have to keep a tracking system of how often I practiced my violin or viola or cello or whatever it was at that stage, and I had to turn them in because I had to have my mom sign it and then take it in and turn that in. So again, all of these ways that we have been held responsible or held ourselves responsible, and positive reinforcement is a great way to do that.

[00:25:17] Some people work well with a different strategy that some of us don't, so I just want to be really clear about that, and that is incurring a negative consequence when we don't do it. So for example, once upon a time, I worked in a business and I had a task that I was supposed to do and I hadn't been doing it. And the office manager came to me and said, "You know, you really have to do this. What do we need to do to get you to do this?" And finally she said, "Look." I'm just going to pick an example. She said, "Okay, you have until June 1st. And if this task is not done, you need to send money to an organization that you dislike." [laughter] So I chose one, and it was a painful thought to think of sending this particular organization money to help support them. And so for me, avoiding that was motivating. [laughter] I learned to hold my-- she was doing some of the accountability, but I had to get the task done or I had to write that check.

[00:26:24] So some people-- and James Clear talks about this. Some people actually have to use a-- almost like a punishment system. And I know for some of us that does not work, but for some people, knowing that, like I said, they're going to have to pay someone or they're going to have to forgo something that they really wanted, like if I don't get this done, I don't get to go on that big hike that I want to go on. So for some people that can be motivating. For others of us, it can just kind of feel demoralizing.

[00:26:53] Then the other part of the accountability-- so this is more of the internal, but then having other people involved. So you've already really highlighted the groups in our Community are a great place, the forum, coaching is a great place. And in case this isn't clear for people, maybe haven't ever looked on the website, we offer two types of coaching. We have small-group coaching where you meet fairly frequently over a six-month period of time with a coach and other Community members who are also clients of that coach. And then we also have the one-on-one executive coaching, so you meet less frequently but it's one-on-one. So we have two different types of coaching that people can use to help with their accountability.

[00:27:39] But when you think about having someone else involved in helping you to hold yourself responsible-- obviously, in my example from work, that was a punishment that was kind of going to come if I didn't get the thing done, and many of us might have that

with deadlines or things that we have to do at work. But it's really about the idea that reporting to someone ups our motivation a little bit. It's hard to keep reporting to someone that you haven't done it. So I'm going to share my example. [laughs] Maybe I love the topic of accountability because I have struggled with it so much in my own life. So as I was finishing my Ph.D. program, I was really struggling to get my dissertation done. And I was gone on internship, so I had moved several states away from my committee chair. But there were other interns who also were working on their dissertation, so we decided we would meet one day a week at lunch and check in with each other - ask if we needed any help, offer suggestions - but mostly we met for accountability. And one of the reasons this was helpful for me is it quite challenging after a while for me to show up and say, "Yeah, I haven't done anything on my dissertation." And then they would help me set some goals for the coming week, and then I'd come back and talk about what I had done. So that was a really important part of that for me.

[00:29:05] And the other accountability check-in that I needed during that time is that my advisor started to get very concerned that I wasn't going to graduate. And he said, "Listen, Terri. I need you to email me every day." This was before text messaging and things was big. He said, "I need you to email me every day and let me know what progress you've made on your dissertation." Dun dun dun! So every day I needed to email.

[00:29:33] "Hey, Jim. Hope you're having a great day. I haven't done anything on my dissertation. Thanks, Terri."

[00:29:40] "Dear Jim. Didn't do anything yet today. Hope everything's well with you. Thanks, Terri."

[00:29:45] I could only write that so many times before I had to do something. And so I wrote to him and said, "Hey, Jim. Last night, what I did is I looked through my bibliography and I added two more resources." I picked the lowest-hanging fruit first. I picked the easiest things to do first but, eventually, I was writing to him, "Dear Jim. I revised the first half of chapter one. I'm sending that now and I look forward to your feedback." The next day: "Dear Jim. I worked on the second half of chapter one." So it got that momentum going. But if I had not been emailing him, I would have continued to struggle to get that momentum going.

Nadia [00:30:30] Okay. That was a lot. Dear Jim. God, you're an angel. [laughter] Every day. I hope our clients don't hear this. Shhh! None of my clients listen to this episode. No daily check-in. Okay, guys? [laughter] You're going to have to find some personal accountability strategies.

[00:30:47] Okay. I heard you mentioned somebody's name. Is that an author? Before Jim, you mentioned-- so do you have resources for this particular topic?

Terri [00:30:55] Actually, this isn't necessarily the topic of accountability, but James Clear, in *Atomic Habits* and in podcasts and things, talks about the fact that most of us need to set up some system of accountability. Again, this might be internal accountability or it may be external. And he talks about-- he has maybe a chapter on this idea of kind of the negative reinforcers, what might feel like a punitive way but really it's motivating for some people. I don't know if anyone listening ever played on a sports team in school but if you didn't do the right thing, you were going to have to run killers or whatever they call those things up and down the gym floor. Or I was in band camp and I didn't stop talking when we were supposed to be listening and so I had to drop down and do a certain number of

pushups. So how do we hold Terri accountable when she's not supposed to be talking? Tell her she's going to have to do pushups. [laughter] That was very motivating for me. [laughter]

Nadia [00:32:00] So I joined CrossFit. And let me tell you that this group of people, they are the best when it comes to accountability. So their system is if anything happens, you're doing, I don't know how many, burpees, okay? [laughter] They have all kinds of set-ups. Like every time you walk through that gym, there's somebody talking to you, asking you how you're doing, "How's your husband? I haven't seen your husband." They have all kinds of-- for example, if you book a session (because you have to book ahead of time) and you don't show up, they send you a message telling you that the next time you book and don't show up, you may not be able to book ahead of time, you may only be able to go on the waiting list. I mean, they have a million ways to keep people accountable, which is really good. I think that's why they're so successful.

[00:32:44] Okay, good stuff. Anything else you want to add to this great topic, Terri?

Terri [00:32:49] I think just going back to the beginning, what we talked about, Nadia, is I really want to encourage people not to feel like something in them is not well enough developed, or is flawed, or that they are weak if accountability is something they need. It's very human to need accountability. And then to figure out how do you set up internal accountability and how do you set up any external accountability that can help you? And I do encourage people to actually use both because if you're struggling with holding yourself accountable, getting some other people, some other mechanisms set up can really help. But I think if you only rely on outside sources, you're going to struggle a little bit more because what about when you can't reach them? What about when you can't meet? I have a group of people that I work with in our Community that have connected to each other outside of our meetings, and they meet with each other and they message each other. But what about when they're not available? So I think it really works best if you can have both your internal or your personal accountability mechanisms set up, as well as your external mechanisms that work with other people helping you.

Nadia [00:34:07] All right. That was great. I made some connections there today that I didn't even know were connected. So my positive reinforcement, personally-- and I heard this from a client, by the way, a male client, was that he celebrated his victories along the way. He wasn't waiting for that end goal, but I think it was like every week or every month he would celebrate his-- you know, whether it was an NSV or whatever it was with buying himself a piece of clothing.

Terri [00:34:33] Nice.

Nadia [00:34:34] So I began-- I do that for myself. This is my thing. People know this. In my groups-- you know, I joke about this. So when I need to positively reinforce myself, it's not magnets dear Terri.[laughter] It's some sort of piece of clothing that I buy. And, no, it's not celebrating with food, which is something that we have to be cautious of. It's celebrating with something else that als-- you know, that makes me happy because, you know, that article of clothing, hopefully, I'll get to look at and wear and makes-- my closet is open, it doesn't have doors. So it's like I look at these pretty things all the time. So it's nice. That's what works.

Terri [00:35:13] Yeah. So again, earning something for you holds you responsible. It adds to that desire to follow through with the plan, knowing that this positive reinforcement comes with it.

Nadia [00:35:29] Absolutely.

Terri [00:35:30] It's great.

Nadia [00:35:31] Thank you. You want to send us off, Terri?

Terri [00:35:34] I do. And I just want to mention one more thing, that you had brought up early on, is the masterclass. And some of our listeners know that throughout the year we have various masterclasses and they are generally two weeks long. Megan Ramos has already done a couple of this year, some intermittent fasting. I think you are going to be doing one this year, Nadia, hopefully, and I am doing one this spring. And then I assume it will happen again, maybe in the fall. So if you're ever interested in joining us for a masterclass, keep looking-- if you get our newsletter, go on to our website, check in and see if we have a masterclass coming up. And that's a great way you can join us.

Nadia [00:36:14] I love them. I love doing them and I love being a participant in yours and Megan's masterclass. And we've even done one together. The four of us did one with Andrea, right?

Terri [00:36:25] That's right. All right, everybody, we hope you've enjoyed this episode. We look forward to talking with you again soon. And in the meantime, I encourage you to work on setting up some accountability factors for yourself. Bye, everybody.

Nadia [00:36:39] Bye, everyone. Happy fasting.