



## How to Understand Your Value on Your Weight Loss Journey

### MUSIC INTRO

### EPIISODE TEASER

### INTRO

Hey friend! Welcome to the *Diet Haters Podcast*, where I'm helping YOU learn how to stop dieting, lose weight, find lasting results, and learn your true identity in Christ. I'm so glad you're here!

Thank you for joining me for another episode. I really appreciate that you're investing your time into listening, and I pray that as you listen, you're learning. We never stop learning, right?

### ANCIENT NUTRITION PROMO

Before we dive into today's episode, I wanna share one of my favorite things with you. Something I love and use almost everyday - Bone Broth Protein Powder from Ancient Nutrition & Dr. Josh Axe.

Now.. before you say, "Gross, Sundi Jo. I understand the protein powder part, but bone broth?" hear me out.

Bone broth has so many healthy benefits, I can't even name them all here, but it's full of collagen, which provides you support for your gut, nails, skin, and joints. And girl, you know

you want some good looking nails and skin, right? Add protein to that, and you're setting yourself up for weight loss success.

So, two of my favorite flavors are Salted Caramel and Chocolate. Let me tell you about the Salted Caramel. It's as delicious as it sounds, and it's the perfect way to indulge your sweet tooth without getting the sugar shock. I even put it in my pancakes. My mouth is watering just talking about it.

The bone broth is sourced from grass-fed and pasture-raised cows from Europe, and it's non-GMO. It's sweetened with Stevia and monk fruit, which are plant-based sweeteners and low in calories. Again, you're not getting that unwanted sugar, but still getting the sweetness. And it's full of MCTs, sourced from coconut, which is high-qualified fat that your body can easily absorb to use as clean energy.

I drink one almost everyday, mixed with coconut milk or almond milk, some blueberries, spinach, and almond butter. Sometimes after a workout, and sometimes just for breakfast. You're going to love it!

If you want to learn more about my favorite bone broth protein powder, you can find it under my favorite things on my website at [sundijo.com/favorites](http://sundijo.com/favorites).

Ancient Nutrition & Dr. Josh Axe provides whole food nutritional products designed to provide Ancient Nutrients in a modern, convenient form to power the body and mind, restoring us to the health, strength and vitality of our ancestors.

Yes, please. I'll take two scoops. Again, you can get your bone broth protein powder today at [sundijo.com/favorites](http://sundijo.com/favorites). I'm telling you, go with the Salted Caramel. It will change your life.

## INTRO CONTINUED...

Okay, so in today's episode, we're going to talk about a topic near and dear to my heart: understanding your value on your weight loss journey.

**When we know our value, our decisions reflect that. When we don't know our value, our decisions reflect that.**

Those are powerful words, my friend. So, how do we truly find our value? How do we know where to find it? What in the world does knowing our value have to do with weight loss? Great questions. We're diving into the deep of this in today's episode.

## SHARE REMINDER

Before we get started, though, I'd love to ask you for a favor. Would you share this episode with someone else who needs some inspiration and some real-life action steps to take their lives to the next level? Someone else who might need help understanding their value?

When you share, you help me get the word out to as many people as possible, that they, too, can lose weight, get healthy, and find the true freedom in Christ they've been searching for.

And in advance... thank you so, so much.

Now.. let's dig into today's episode on how to understand your value as a woman.

## DISCUSSION

So, here's the thing: You can choose to base your value on your past decisions, or the things that have happened to you in the past, **or** you can **choose today**. You can't do both.

Let me say that again. You can't do both.

*"Now listen! Today I am giving you a choice between life and death..." - Deut. 30:15*

These words sum it all up. We can choose life with our words and actions or we can choose death. **The choice is up to us.**

And the words we speak over ourselves as women will determine what we believe about our value.

The words we hear, whether spoken to us or by us, affect the way we see the world. They affect the decisions we make. We start to believe things that aren't true and before we know it, our minds only know what we've led ourselves to believe.

I found this quote the other day and wanted to share it with you: *"Make sure you don't start seeing yourself through the eyes of those who don't value you."* I don't know who to give credit to for those powerful words, but sit in those words for a second.

*"Make sure you don't start seeing yourself through the eyes of those who don't value you."*

Aren't we guilty of that? Not only allowing for our past decisions to define our value, but also seeing ourselves through the eyes of those who have spoken negative words to us?

**For true change to take place we have to replace the lies we've been believing about ourselves with the truth about who God says we are.**

*Example:*

*Lie: "I'll never amount to anything."*

*Liberating Truth: "I have so many great gifts to offer this world."*

*Example:*

*Lie: "I'm always going to be fat."*

*Liberating Truth: "I have everything I need to become a healthier version of me right now."*

## **Lies vs. Liberating Truths**

"Sticks and stones may break my bones but words will never hurt me." I'm not sure who takes credit for that statement, but I have one word to sum up that sentence... MALARKEY.

Words hurt worse than anything else. A bruise will disappear. A broken arm will heal. But the words we hear are written on our hearts for a long time, sometimes forever if we choose to allow them to be.

Just because someone says something about you, doesn't make it true. **You, my friend, get to decide what's true about you.** We can let the words of others control our destinies or we can make the decision today to change the trajectory of our lives. It's up to us.

It's up to me and you, my friend. We get to decide what's true about us. We get to decide whether we believe what God says about us or not.

Definition of liberating: "freeing a place or people from enemy occupation, or providing a release from a situation which limits freedom of thought or behavior."

Imagine your life for a moment if you could be released from a situation limiting freedom of thought or behavior. Freed from lies. Well.. guess what, my friend? You can!

I want to encourage you to take some time and write down the lies you've believed about yourself, whether you've told them to yourself or someone else told you.

Seriously, when this episode is over, I want to give you some heartwork. I want you to take a piece of paper and spend some time writing down all the lies you've believed about yourself.

I know this may not be easy, but we're not here to do easy, right? **We're here to be liberated!** We're here to be set free.

Then, next to each lie, you're going to write a liberating truth about who you really are.

Let me provide you with a disclaimer here: I understand you're not going to just write these liberating truths and everything will change in an instant, but this is a great start. It's a great start for you to see the truth about who you really are **written right before your eyes, by you.** The more you see these truths, the more you'll start to believe it.

Let me say this before we go any further. **Trust the process.** Even if you think it's ludicrous. Trust the process.

Let me give you another example: I used to believe the lie that I was unlovable. Because of the rejection I experienced as a small child, I carried that lie around for most of my life. I had to replace that lie with a liberating truth – the truth that I am loved deeply by God, family, and friends.

*Here are some other samples you might relate to:*

**Lie:** *I am not Good enough.*

**Liberating Truth:** *I am good enough.*

**Lie:** *I'll never be the wife I'm supposed to be.*

**Liberating Truth:** *I honor my husband and love him well, and God blesses our marriage daily.*

**Lie:** *I will never find a husband.*

**Liberating Truth:** *God has an amazing marriage planned for me and I trust His timing.*

**Lie:** *I am too ugly and no matter how much weight I lose, I will never be pretty.*

**Liberating Truth:** *I am beautiful in God's sight and nothing can take that away.*

**Lie:** *I'll never amount to anything.*

**Liberating Truth:** *I have everything I need to be successful in this world.*

I could keep going here, but hopefully I've given you enough examples to get you started. Trust me, it doesn't take long to remember all the lies we're believing. They usually stay at the forefront of our souls.

## **PROMO - STEP AWAY FROM THAT DIET**

Tired of dieting only to regain the weight you lost, plus more?

What if you could actually lose weight for good without crazy rules and actually starving yourself?

### **How would it feel to lose 10, 20, 50, even 100 lbs.?**

My friend, it's possible and I want to teach you how with 5 simple steps, that will not only help you get on the path to weight loss, but gaining that confidence you've been searching for, in my free ebook, *Step Away from That Diet*.

At the age of 25 I weighed 330 lbs! Yep.. you heard that right. I had no energy. I had no motivation for life.

Walking up and down the steps felt like I had just run a marathon. I had to buy my jeans online because I couldn't find a store that carried size 30. To say that walking into a store was humiliating is an understatement.

Mountain Dew and pizza were two of my closest friends, so I convinced myself. The reality? I was using them to destroy myself.

### **I wasn't living life. I was just surviving.**

But one day I finally came to the end of myself and realized I couldn't keep killing myself like this.

That's when I turned my life around and lost 145 lbs. Now I'm passionate about helping other women to stop dieting, lose weight, and learn who they are in Christ!

If you're ready to get started on your journey, download [Step Away from That Diet](http://sundijo.com/stepaway) today at [sundijo.com/stepaway](http://sundijo.com/stepaway).

If you're looking for lasting results, then you're definitely in the right place. I'm going to provide you 5 simple steps to getting on track to finding true freedom in your health journey.

You deserve better than what you're believing about yourself, my friend, and I'm ready to help you take the next right steps to get where you need to be!

*Step Away from that Diet* will help you overcome the diet mentality, learn how to remove the barriers getting in the way of your freedom, find encouragement on your journey, and more!

And don't miss the special prayer I've written at the end personalized just for you, my friend.

Download it for free today at [sundijo.com/stepaway](http://sundijo.com/stepaway).

And now.. Let's get back to today's episode.

## DISCUSSION CONTINUED

### **New Value Statements**

Now that you know the truth about who you really are, it's time to turn those truths into an actual statement that you can wear proudly.

This is where you get to do more heartwork. Write out 2-3 sentences that will become **your value statement**. This statement is meant for you to use daily, so don't take it lightly, okay?

**This is who you are starting today. Starting in this very moment.**

**Remember this... the more you speak the truth about who you really are, the more you believe it.**

When your value statement is finished, I have one more step for you. At the end, add the words, "And I am valuable". It sounds silly now, but you'll be glad you did it later. Remember to trust the process.

***Here's an example:***

*I'm Sundi Jo. I'm a caring, compassionate, thought-provoking communicator who loves to offer hope to others. **And I am valuable.***

Listen to the power in that, my friend. When you speak out loud who you really are, there's a new level of authority that the enemy can't stand up against because you're speaking truth.

Whether you feel like it's true or not in the moment doesn't matter. You're doing it because it's true, not because you feel like it.

When I was teaching personal and professional development to Justice-Involved Individuals, when we first did this exercise, most of them hated me, but I reminded them to trust the process. Like when I said I hated me, some legit straight up wanted to punch me in the face for making them do such uncomfortable things.

I would be standing around a group of grown men who were not happy about using the words, "And I am valuable" at the end of their value statements. They felt weak. They were embarrassed. Ladies, too.

But I would start to watch their countenance change as they would say the words. They would stand up a little straighter and talk a little louder.

I actually forgot to have them do it one day, and several of them reminded me we couldn't start class without giving our value statements.

They trusted the process. They did it even when they didn't feel like it, and it paid off. It paid off in confidence and belief that despite their pasts, they really did have value.

So do you, my friend!

You know, we didn't wake up one day as little girls and say, "Wow, I can't wait to be fat when I grow up." "I can't wait to have men look at me with disgust because I can't even look down and see my own shoes." "I can't wait to not have the ability to play with my kids because I can't even walk to the kitchen without losing my breath." "I can't wait to not be able to have sex with my husband because I can't stand the thought of him seeing me naked." I could keep going.



One day, somewhere in our lives, we started believing a lie. We believed a lie about our identity, and we started destroying ourselves with food, believing it would comfort us. And then one day, we looked back and realized how deep into the darkness we'd gotten ourselves into.

And then we started believing the lie that we were too far gone to get out of the pit because we convinced ourselves it was too late to climb out of the valley. We had zero value left for ourselves.

Does this hit home with anyone else but me?

What's at the root of it all? Believing a lie.

But, my friend, that's not where we have to stay. Behind every lie is a liberating truth. Behind every lie is the voice of God longing to speak to our hearts to tell us who we really are.

But we have to choose to find the truth. Then we have to choose to believe the truth, no matter how long it takes.

## RECAP

So, like I said earlier, I'm going to make it as easy as possible for you to do this exercise, or as I like to call it, heartwork. Let's do a recap.

You're going to take some time and write down the lies that you've either believed about yourself, or lies that others have told you. Even if you're not sure whether it's a lie or not, I want you to write it down.

Then... next to that lie, you're going to write a liberating truth.

Don't rush through this process, okay? Actually, I encourage you to set a timer for 15 minutes and write down everything that comes to your mind, then take 15 minutes and write down the truth to combat each lie.

Then... You're going to write your value statement. I gave you my example earlier, and you can also find it in the transcript of this episode if you want to go back and read it.

You're going to take those liberating truths you just learned about yourself and turn them into a 2-3 sentence value statement.

And don't forget to add at the end, "I am valuable." Don't skip out on that part, my friend. I promise it makes a difference in boosting your confidence.

If you feel comfortable enough sharing, I'd love to hear what your value statement is. Feel free to email it to me at [sj@sundijo.com](mailto:sj@sundijo.com), or if you feel brave enough, share it on Instagram and tag me. You can find me @sundijo.

## CLOSING

I pray this episode was helpful for you today, and I can't wait to see what you and God come up with for your value statement.

I'm rooting for you and cheering you on!

If I can lose 145 lbs., you can lose weight, too. Doesn't matter if it's 10, 20, 50, or a 100 lbs. or more. **If I can do it, so can you!**

## DIET HATERS FACEBOOK GROUP

Need some extra encouragement? I'd love for you to join me over in our Diet Haters Facebook group, where I'm providing inspiration, yummy recipes, work out tips, Scripture, and other shenanigans. We weren't meant to do life alone, my friend, so come on over and join us. Just search Diet Haters on Facebook, visit [facebook.com/groups/diethaters](https://facebook.com/groups/diethaters), and I'll also share the link in the show notes.

I'm looking forward to diving deeper with you next week in *The Diet Haters Podcast*, my friend, as we learn how to keep taking the next right steps, say goodbye to dieting, and learn our true identities in Christ!

## CLOSING

Alright, friend, that's it for me today. I'll see you in the next episode of the *Diet Haters Podcast*.

And remember this... You. Are. Valuable.

## LINKS

[Sundi Jo's Favorites](#)

[Bone Broth Protein - Salted Caramel](#)

[Bone Broth Protein - Chocolate](#)

[\*Step Away from That Diet\* ebook](#)

[Diet Haters Facebook Group](#)

[Sundi Jo on Instagram](#)