Take Control of These 3 Environments Transcript

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Willpower vs. Environment

Most people believe their health Most people believe their health problems come down to more willpower. problems come down to more willpower. They think, "I just need to try harder.

They think, "I just need to try harder. I need more motivation. I need more I need more motivation. I need more discipline." But after working with discipline." But after working with thousands of patients over the years, thousands of patients over the years, I've realized something important. Most I've realized something important. Most people actually don't have a discipline people actually don't have a discipline problem. Your environment is quietly problem. Your environment is quietly shaping your behavior every single day.

shaping your behavior every single day. And if your environment is designed And if your environment is designed poorly, your health and your metabolism poorly, your health and your metabolism pays the price. Today I want to pays the price. Today I want to show you show you something that changes everything once something that changes everything once you understand it. Your environment is you understand it.

A Patient's Health Struggle

Your environment is often stronger than your willpower. Let often stronger than your willpower. Let me give you a quick example. I had a me give you a quick example. I had a patient uh recently who ran a very patient uh recently who ran a very successful company. Highly disciplined, successful company. Highly disciplined, highly organized. This person managed highly organized. This person managed dozens of employees. They handled dozens of employees. They handled complex projects. They executed business complex projects. They executed business strategies every day. But when it came strategies every day. But when it came to their health, they said something I to their health, they said something I actually hear quite a bit. They said,"I actually hear quite a bit. They said,"I just don't have the discipline with just don't have the discipline with food." Now, that statement always kind food." Now, that statement always kind of fascinates me because this person of fascinates me because this person clearly had discipline. They were clearly had discipline. They were disciplined enough to run an entire disciplined enough to run an entire company. So, why did health feel so company. So, why did health feel so difficult? The answer wasn't discipline.

difficult? The answer wasn't discipline.

Friction Shapes Behavior

The answer was architecture. Their The answer was architecture. Their business had systems. Their health did business had systems. Their health did not. Here's something most people not. Here's something most people misunderstand about human beings.

misunderstand about human beings. Behavior is not primarily driven by Behavior is not primarily driven by motivation. It's driven by friction. motivation. It's driven by friction.

I'll explain it like this. If something I'll explain it like this. If something is easy, you'll do it more often. If is easy, you'll do it more often. If something is hard, you'll do it less something is hard, you'll do it less often. This is true for almost every often. This is true for almost every behavior in life. Now, think about behavior in life. Now, think about modern life. Food can be delivered to modern life. Food can be delivered to your house in minutes. Ultrarocessed your house in minutes. Ultrarocessed snacks are available everywhere. Lights snacks are available everywhere. Lights stay on long after the sun sets.

stay on long after the sun sets. Temperature is perfectly controlled. Temperature is perfectly controlled. Movement is optional. We live in an Movement is optional.

Modern Convenience and Metabolic Cost

We live in an environment where the least healthy environment where the least healthy choices require the least effort. And choices require the least effort. And that matters because human behavior that matters because human behavior almost always follows the path of least almost always follows the path of least resistance. Our biology evolved in a resistance. Our biology evolved in a very different environment. For most of very different environment. For most of human history, food required effort.

human history, food required effort. Movement was unavoidable. Light came Movement was unavoidable. Light came just from the sun. Darkness came every just from the sun. Darkness came every night. Your metabolism evolved in an night. Your metabolism evolved in an environment filled with friction. Now we environment filled with friction. Now we live in a world where friction has been live in a world where friction has been systematically removed. Food delivery, systematically removed. Food delivery, endless snacks, artificial light, um endless snacks, artificial light, um sedentary for most people, comfort is sedentary for most people, comfort is everywhere. And while this level of everywhere. And while this level of convenience is incredible from a convenience is incredible from a technological standpoint, there is a technological standpoint, there is a metabolic cost because your biology metabolic cost because your biology hasn't changed, but your environment has hasn't changed, but your environment has changed. And that mismatch creates changed.

Systems Over Motivation

And that mismatch creates metabolic problems. weight gain, insulin metabolic problems. weight gain, insulin resistance, poor sleep, energy crashes, resistance, poor sleep, energy crashes, cravings. The modern environment quietly cravings. The modern environment quietly pushes your metabolism in the wrong pushes your metabolism in the wrong direction. Now, here's the interesting direction. Now, here's the interesting part. High performers actually part. High performers actually understand this principle very well, understand this principle very well, just often times not in the area of just often times not in the area of health. Think about how successful health. Think about how successful businesses operate. They don't rely on businesses operate. They don't rely on daily motivation. They build systems.

daily motivation. They build systems. They create standard operating They create standard operating procedures. as they create automation, procedures. as they create automation, they create process flows, they they create process flows, they delegate, they have structure. Why do delegate, they have structure. Why do they do that? Because systems create they do that? Because systems create predictable outcomes. But when it comes predictable outcomes.

Designing Better Health Environments

But when it comes to health, most people abandon systems. to health, most people abandon systems. Instead, they rely on daily decision-m. Instead, they rely on daily decision-m.

What should I eat today? Should I work What should I eat today? Should I work out today? Should I go to bed earlier out today? Should I go to bed earlier tonight? That constant decision-m tonight? That constant decision-m creates something called decision creates something called decision fatigue. And decision fatigue destroys fatigue. And decision fatigue destroys consistency. The real solution isn't consistency. The real solution isn't trying harder. The real solution is trying harder. The real solution is designing better environments. There are designing better environments. There are three environments that matter most for three environments that matter most for metabolic health. Number one, kitchen metabolic health. Number one, kitchen architecture. Your kitchen determines a architecture. Your kitchen determines a huge percentage of your daily nutrition.

huge percentage of your daily nutrition. Here's the rule. If it's in the house, Here's the rule. If it's in the house, you will eventually eat it. Which means you will eventually eat it. Which means the first step toward better health is the first step toward better health is simply removing the foods that sabotage simply removing the foods that sabotage you. Remove ultrarocessed snacks, sugary you. Remove ultrarocessed snacks, sugary drinks, highly refined foods,

and drinks, highly refined foods, and replace them with foods that support replace them with foods that support your metabolism. Protein, whole foods, your metabolism. Protein, whole foods, fruit, beverages, prepared healthy fruit, beverages, prepared healthy meals. When healthy food becomes the meals. When healthy food becomes the default option, behavior changes default option, behavior changes automatically. But I hear what some of automatically.

Kitchen Architecture and Food Defaults

But I hear what some of you are thinking right now. But I'm not you are thinking right now. But I'm not the only one that lives in the house. Or the only one that lives in the house. Or I have kids and they want some of that I have kids and they want some of that type of food. And I hear you. I have type of food. And I hear you. I have kids, too. So, what you have to do is kids, too. So, what you have to do is you have to designate a shelf in the you have to designate a shelf in the pantry or a specific cupboard where pantry or a specific cupboard where those foods go and then you ignore that those foods go and then you ignore that particular shelf or cupboard and because particular shelf or cupboard and because if it's spread out all over the place, if it's spread out all over the place, that's just too much for your brain to that's just too much for your brain to have to ignore. Number two, schedule have to ignore. Number two, schedule architecture. The second environment is architecture. The second environment is your calendar. Many people treat health your calendar. Many people treat health behavior as optional, but optional behavior as optional, but optional behaviors rarely happen consistently.

behaviors rarely happen consistently. Workouts need to be scheduled. Meal prep Workouts need to be scheduled. Meal prep needs to be scheduled. Grocery shopping needs to be scheduled. Grocery shopping needs to be scheduled. If something needs to be scheduled.

Schedule and Sleep Architecture

If something matters to you, it needs a place on your matters to you, it needs a place on your calendar. Number three, sleep calendar. Number three, sleep architecture. Sleep is not just about architecture. Sleep is not just about discipline. Sleep is about environment.

discipline. Sleep is about environment. Light, temperature, technology, noise. Light, temperature, technology, noise. For example, one change can dramatically For example, one change can dramatically improve sleep quality, backed by improve sleep quality, backed by scientific proof. Removing your phone scientific proof. Removing your phone from the bedroom. Why? Well, because from the bedroom. Why? Well, because environment shapes behavior. If the environment shapes behavior. If the phone is next to your bed, you will phone is next to your bed, you will scroll. If the phone is outside of the scroll. If the phone is outside of the room, you will sleep. One of the most room, you will sleep. One of the most powerful things you can do for your powerful things you can do for your health is reduce the number of daily health is reduce the number of daily decisions you have to make. Eat similar decisions you have to make. Eat similar breakfasts, eat similar lunches, have breakfasts, eat similar lunches, have go-to meals, create workout routines, go-to meals, create workout routines, develop evening rituals. Consistency develop evening rituals. Consistency becomes much easier when behavior becomes much easier when behavior becomes automatic. And automation is the becomes automatic.

Reduce Decisions, Build Automation

And automation is the ultimate form of discipline. So, if ultimate form of discipline. So, if you've ever felt like your health you've ever felt like your health struggles uh seem like a discipline struggles uh seem like a discipline problem, I want you to to reconsider problem, I want you to to reconsider that idea. You might not be that idea. You might not be undisiplined. Your environment might undisiplined. Your environment might just be winning. The modern world was just be winning. The modern world was not designed for metabolic health. But not designed for metabolic health. But the good news is that you can redesign the good news is that you can redesign your environment. Change the kitchen, your environment. Change the kitchen, change your schedule, change your sleep change your schedule, change your sleep environment. When the environment environment. When the environment changes, behavior follows. And when changes, behavior follows. And when behavior becomes

automatic, health behavior becomes automatic, health becomes so much easier. If you want to becomes so much easier. If you want to understand how to redesign your understand how to redesign your environment for better metab I put environment for better metab I put together a metabolic health assessment together a metabolic health assessment that helps identify the biggest drivers that helps identify the biggest drivers affecting your metabolism right now. You affecting your metabolism right now. You can take the quiz below. And if you can take the quiz below. And if you found this helpful, subscribe for more found this helpful, subscribe for more videos on metabolic health, physiology, videos on metabolic health, physiology, and how to design a lifestyle that and how to design a lifestyle that actually works with your biology.

actually works with your biology. Because better health isn't about trying Because better health isn't about trying harder. It's about designing better harder. It's about designing better systems.