Why Wellness Feels Like a Sacrifice

Hey everybody, it's Jen. And I need to talk to you about something that I see all the time. Something that might be holding you back right now. So many people hesitate to get started on their wellness journey because they're afraid.

They're worried they'll have to give up something they love. A little afraid of what they will lose. But here's what I want you to understand. There's a sacrifice either way.

The question isn't whether you'll sacrifice something, it's which sacrifice costs you less. So right now, by staying where you are, you're already sacrificing something.

You're sacrificing energy, mobility, maybe the ability to keep up with your grandkids or take that trip that you wanted. You're sacrificing feeling good in your own skin, waking up excited about your day.

And here's the hard truth is that can this experience be replicated another time or is this your last opportunity? That hike, that adventure, and that moment when you feel truly alive in you body.

Choosing Growth Over Deprivation

Time doesn't wait. Our bodies don't. You can go slow if you want to go, but just be clear about what that's costing you. Here's something I've learned both personally and through working with hundreds of clients.

What you feed grows. If you feel deprivation, constantly focusing on what you can't have, what your giving up, you'll get more deprivations, more resentment, and more of that feeling like wellness is just one more thing you have to suffer through.

But if you feed healing and growth, if your invest in expanding what's possible for you, you'll get more of that. More energy, more freedom, and more joy.

It's like being remarried to an amazing person, but constantly thinking about your ex. That new relationship is only going to go so far, right? You have to fully commit to where you are now if want to flourish.

Now I get it, I love food too. I hear that all the time, but I loved food. But here's what's changed everything for me is that I allowed myself the space to grow and embrace what I truly love and what i love evolved with it.

Now when I taste some of those old foods that i used to think I couldn't live without, honestly they're disgusting to me now. It's gross. My body has higher standards now because I've trained it to recognize what actually serves me.

And that's what I love now. But I had to allow that to grow, I have to nurture it, feed it and trust the process even when it felt uncomfortable at first.

Owning the Full Cost of Your Choices

So here's I want you to do starting right now, stay focused on the result you want. Not what you feel you can't have. Never tell yourself you can't have something.

That's deprivation thinking and it's a trap. Instead, tell yourselves the truth. You can have it, but you're also choosing the whole experience that comes with it.

When you choose that food that doesn't serve you or your goals, you are not just choosing to taste. Your choosing inflammation, the brain fog, energy crash, way you'll feel tomorrow, delay in getting the results that you want.

And that's okay. If you make that choice consciously and you willing to own all of it? But the same is true when you chose what aligns with your healing.

You're not choosing deprivation, you're choosing energy, your choosing clarity. The body that you want to wake up in, the life you wanna experience. You don't just choose one part of it, You choose the whole thing.

So let me ask you. Which sacrifice costs you less? The temporary discomfort of changing your habits now, of letting go of things that don't serve you anyway, or the permanent cost of staying stuck, watching your opportunities pass you by, sacrificing the energy, the experiences and the life that you truly want?

You're already sacrificing something. You get to choose what? And whatever you choose, I want you to chose it consciously. Own the whole experience. Not just the parts that feel uncomfortable in the moment.

I believe in your body's power to heal. And I'm here to guide you every step of the way. So let's choose the sacrifice that actually leads somewhere worth going.