

EP 205

Dr Susan Mitchell (00:15.298)

Just 1%. That's it. If you've had bariatric surgery or you're using a GLP-1 medication, you don't need another reset, detox, or restart. You need one better decision today than yesterday. Stay with me. Today we'll break down why success doesn't come from motivation, perfection, or willpower.

but from stacking small intentional actions that compound over time. We'll talk about how just 1 % can turn surgery or medication into lifelong success. This isn't about trying harder. It's about choosing differently 1 % at a time.

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I'm bariatric dietician, Dr. Susan Mitchell. You're listening to the Bariatric Surgery Success podcast. I'm so glad you're here today. I hope your new year is off to a fabulous start. It matters where you get your nutrition information. Here's what you need to know now. Today, we're talking about just 1%. Not a total overhaul, not a new nutrition plan, not perfection.

Just 1%. If you've had bariatric surgery or you're using a GLP-1 medication, you already have a powerful biological advantage. Appetite is lower, those hunger hormones are quieter, portions are smaller, but these terrific tools don't create successful long-term outcomes. Daily behavior does. Think about it.

Most people approach weight loss like it's a personality test. Either you're on track or you've fallen off. That thinking kills your progress. It can make you feel like a failure when you're not. The mistake is letting one imperfect day turn into giving up and quitting. Just 1 % interrupts that stinking thinking cycle.

Nothing's going to happen until you accept responsibility for your own behaviors. Remember the person who says, I can't do this. And the person who says, I can do this, are both right. You have to believe that you can change. Did you hear that? You have to believe that you can change. I believe you can, or I wouldn't be here. This is why positive self-talk versus negative

is so important. Go back and listen to the podcast with bariatric psychologist Dr. Connie. It's episode 118. And it's all about negative self talk and how to break that habit. I'll also put the link in the show notes. You know, I used to write out a long list of resolutions every single year for each area of my life, my business, health relationships, but I was

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always disappointed because real busy life got in my way and those resolutions rarely became reality. Are you with me? None of us need to feel like an epic failure by the end of January. What good is that? Then we just throw up our hands in frustration. We beat ourselves up with that negative self-talk and then stay stuck. So instead of throwing up my hands,

and verbally beating myself up, I put just 1%, which is the same as 1 % to infinity in practice every day. You can do this too. You can do it with me. 1 % to infinity means you do something every day from now on that makes you better, improves you in some tiny way, or moves you forward.

1 % on your journey. This is not all or nothing thinking, but rather 1 % every day. It might be tiny, but it is mighty. Did you catch this? 1 % to infinity focuses on today. Today only. It could be as tiny as taking your bariatric supplements today or

eating 25 grams of protein at breakfast. Boom, improvement already. And it builds and builds 1 % at a time with very minimum effort day after day. Best of all, it works to move you forward with a successful transformation and journey. It's hard to see progress or even feel successful with big resolutions hanging over your head.

But when you make a just 1 % effort daily, it's amazing what gets done over time. And it's not the least bit overwhelming. Five or 10 minutes to make a grocery list so you have food in the house. Five or six minutes to walk to the mailbox or go up and down a flight or two of steps. Tiny yet mighty. These are not dramatic actions, but they're

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effective ones. 1 % to infinity is built through repetition, not intensity. So let's be clear about something. Responsibility is not blame. Blame says, hey, this is your fault. Responsibility says, this is in your control. You didn't choose your genetics. You didn't choose food noise.

You didn't choose a body that fights weight loss, but you do choose what you do next. With just 1%, here's where things change. You stop asking, why can't I stay consistent? And you start saying, I'm someone who makes 1 % better choices, even on hard days. That's not motivation.

That's identity. Did you catch that? That's not motivation. It's identity. You don't need to fix your whole life. You don't need to feel ready and you don't need to be perfect. You need one better choice today than yesterday. Remember, surgery and GLP-1s open the door. Just 1 % is how you walk through it.

And if you keep walking, there is no finish line, only infinity. So here's what I want you to do this week. If you're multitasking, come back to me. I don't want you to miss this. Say this short mantra to yourself every day as you start your day for your mental wellbeing. Ready? Just 1%. I don't need perfect. I don't need extreme.

I build success daily, just 1%. Let's do it again. Ready? And you can see it in the show notes. If you're forgetting what she say or listen to it again. Here we go. Just 1%. I don't need perfect. I don't need extreme. I build success daily, just 1%. And remember, if you keep stacking 1%, there is

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no finish line, only infinity. Stack enough 1 % days and change stops being something you're chasing. It becomes who you are. Remember, you're worth it and I believe in you.