

creativity-lose-weight2

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As I revealed in [part 1 of my weight loss story](#), the process of working on [my first film](#) has been a blessing when it comes to the scale. I wrote that first post with some hesitancy just for the fact that, like many women, I've struggled with body dysmorphia since I was old enough to make the distinction between normal knees and Italian knees. I spent my teens and twenties hiding my catalogue of physical flaws under sweaters tied around my waist (thank God for grunge), Spanx, concealer, and even chemical relaxer on my frizzy hair (conclusion: there is only one Halle Berry).

I'm happy to report that gaining 30 pounds actually helped my self-esteem in a weird, seemingly contradictory way. I started analyzing not just my appearance but what I have to offer the world as a person. Am I caring? Am I creative? Am I intelligent? Am I thankful that these Italian knees got me up [volcanoes in the Philippines](#) and across [cobblestone streets in Macau](#)? Yes, overwhelmingly, yes!

Those twenty-five pounds have nothing to do with who I am or what I can do. Am I happier at a lower weight? A little, but I'm still very actively trying to maintain it, so it's not all skinny jeans and bare midriffs over here. I'm still running and watching what I eat, though I do indulge a bit more each week.

Dangling Carrots

There's nothing wrong with rewarding yourself as a motivation. In fact, dangling carrots have been good for me. It took buying new workout clothes and shoes to get me running. I also made a killer playlist and bought new headphones [with bluetooth capabilities](#). To keep myself going while I'm running, I imagine myself as a character in a film with the music as my soundtrack. Sounds crazy, but it keeps my mind in an alternate universe and less aware of any discomfort or fatigue I may be feeling.

The Hubs likes to reward me with food each time I reach a new weight loss goal. So, yes, I have indulged along the way. (We have a box of frozen donuts for just such occasions.) Now that my

