

Ep #15: New Year's Resolutions Busted



Full Episode Transcript

With Your Host

Shannan Christiansen

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You are listening to the *Weight Loss for Successful Women* podcast with Shannan Christiansen, episode number 15.

Welcome to *Weight Loss for Successful Women*, a podcast for women who are ready to break the diet cycle and end their struggle with weight for good. Here's your host, Fortune 100 Executive and Certified Life Coach, Shannan Christiansen.

Hello, loves. Oh my goodness, Happy New Year! Can you believe it is 2020? I am just so excited today. Jumpstart is opening today and, oh, I am just over the moon about it. My last Jumpstarters had such amazing results, and I just can't wait to work with another group of amazing ladies.

In today's episode, we are going to bust the New Year's resolutions. I'm going to show you how I plan the year, and how I ensure I am meeting my goals. And, as always, I will leave you with a couple of transformational questions to start taking action today.

But first, as always, I want to give a listener shout-out. This week's listener shout-out is to CAJ80. The title of her review is "Encouraging. Thank you for helping women on your podcast and on Facebook. Very helpful and encouraging in helping women not feel alone on a weight-loss journey. Helping us get back in touch with our bodies." Thank you so much, CAJ80.

I mean, I just love these reviews. Every time I read them, I mean, they give me goosies and really make my day. I love that you ladies are listening. And again, if you love this show, please rate or review it. I would just so appreciate it. And don't forget to subscribe, so every Wednesday it's just waiting for you.

So, today as I'm recording this, I've already been working on 2020. I have been thinking about what I want to accomplish, what I want my successes to be. I'm thinking of all of you and how I'm going to serve my ladies.

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This episode will be shorter, because I want to teach you the process. I love the New Year. I love fresh beginnings and looking to the future. I used to set New Year's resolutions and goals. I would hit some of them, and then not hit many of them. Weight loss was always on there.

I mean, every year I was trying something different, and this was going to be the year. I was always setting about 52 goals and things I wanted to do in the New Year. I mean, honestly, I thought, "This is the year that I literally become a different person."

But like many of you, I would quit, or give up when it was too hard, or when I had made some mistakes. And, I've learned a different way. And in today's episode, I'm going to share the process that I go through.

The first thing I do is reflection. I look back on the past year. And loves, I look for all my successes. I write them down. Yes, my successes. I mean, we're always looking at our challenges, our failures, our disappointments. Our lizard brains are just wired that way. But looking at what I've accomplished, what my successes have been, help prep me for the next part.

I then look at the next year and I look at each area my life. I ask myself, "What do I want it to look like in 2020?" What do I want for my health, spirituality, financial, relationships, business, career, fun? Don't forget the fun, ladies. What do I want for my ladies? And, what are my successes in 2021?

And then, I preplan my successes. I choose one thing in each area of my life that I want to focus on. Just one, and I make it realistic. Now, you know, ladies, that I love the realistic plan. So, just like my realistic plan, I make my goals realistic.

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I believe why so many of us fail with New Year's resolutions is because we put too many, and we make it unrealistic for a year's time. We put too much change, and then our lizards take over, and we quit.

But loves, the key is one small step at a time. That's how we achieve a goal. So, I write one success I want to have, and then I write clearly what I want it to be. And then, I write out all the challenges I will have. I write out all the ways I could fail.

I do this, love, because nothing is a straight line. There will always be challenges. There will always be mistakes. And when I plan for them, then I know what to do, and it helps me not to quit. Maybe one of your goals is to make your realistic plan every day. Let's say something happens, and you don't make it. Then your brain, your lizard, thinks of it like a failure. Then it starts to tell you all the reasons why it's too hard and why you could fail.

So then, I create a strategy to overcome the challenge or mistake. Let's say I didn't make my realistic plan for the day. My strategy to overcome that would be, as soon as I realize I didn't make it, I make it for the next meal. I don't let one day turn into a week. Learning to plan in this way helps to retrain your brain to look for success, and have a strategy for when you have a challenge or a mistake.

Every dream or goal that I've ever achieved has come with lots of failure. I had to retrain my brain to learn to fail and not give up. It's one of the most powerful things you can do for yourself, love.

So love, here is the process to bust the New Year's resolution and make realistic successes for 2020. Reflect on your successes of 2019, then write what realistic success do you want in each area of your life? Then write all the challenges you could face. And then write a strategy for each challenge.

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That is the secret to achieving your goals and not just falling into the New Year's resolution cycle. Remember, loves, time plus consistency equals your results. Oh, you got this, love.

So the transformational questions I'm going to leave you, what successes did you have in 2019 Number two, what realistic success do you want in 2020? Number three, what challenges could you face in achieving your success? And number four, what strategy will you implement to overcome the challenges?

Oh, so good, loves. And if you love this work and you want to go deeper, my signature program, Jumpstart, is open from January 1st through January 6th. You can learn more about it at bflycoaching.com/contact-me. Bye, loves.

Thank you for listening to this episode of *Weight Loss for Successful Women*. If you love what you heard today and want to learn more, come on over to bflycoaching.com. That's B - F - L - Y coaching dot com. See you next week!