

Ep #37: Loving the Process of Losing Weight



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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 37.

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. Welcome back to the show. I'm excited about today's show. I hope you are. But before we get into the show, I want to give a listener shout-out to Diane Gruhlke.

She wrote, "Episode 19 was a really great reminder to take time for reflection. In these uncertain days, I find myself trying to hear all the updates and learn all the new info on COVID-19, to the point where I'm not taking time to stop and reflect on my day at all. I think this is a great reminder to stop and think about all these thoughts that are distracting me and to decide if they're really serving me in any positive way. Taking time to stop and write down successes is a really valuable tool, and honestly, a key to happiness. Thank you Shannan for this much needed reminder."

Thank you so much, Diane. It means so much to me that you are loving this and listening. And of course, thank you to all the ladies who've taken time to leave a review. I just appreciate it. I read every single one of them.

I am so excited about today's show but first, I want to share a little story with you. So in my business, BFLY Coaching, we ship merchandise. So, for all my ladies who are in my membership society, they can buy merchandise. BFLY swag. We have planners and all kinds of fun things for them.

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When we get orders, we pack them up and ship them. We also are mailing brochures to ladies who are interested in our membership society. We do a lot of shipping. Mostly, I have thoughts that I do not like it. I do not like the process of shipping.

Getting the information, pulling the merchandise, packing it up, printing all the labels, getting it ready for shipping. There are a lot of steps and it is time consuming. I find that I always want to put it off. I have the thought, "I don't like it," and so I don't want to do it. I do not love the process.

We are sending a lot. I mean, a lot of brochures for the membership society. So, I asked my daughter-in-law and son to come over and help us stuff envelopes and place all of the labels on. When I asked my daughter-in-law, she was like, "Oh yeah, I love shipping."

I stopped for a minute and was like, what? She said, "I love packing it all up." She loves the process. They came over and we stuffed hundreds of envelopes. We had a good time. So same situation, shipping, but we thought of it differently. My thought caused dread. Her thought caused love and excitement.

When I was thinking about this, it reminded me of my clients and how they have the same thoughts about losing weight. When they first come to me, they feel dread, even hate about losing weight. They believe it's hard, that they can't do it, and have felt like a failure. When you feel dread or hate, you don't want to do it.

One of my ladies commented recently, "It's like failing before you even start." I loved that she said that. I think this happens so often in weight loss because we've been on the diet roller coaster for so long that it brings up all the things. All the reasons and doubts that we have that we think we'll fail.

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We think we'll feel better when we lose the weight, that if we can just get there, you know there, everything will magically get better. But loves, it doesn't work that way. There is no *there*. We just have now, and we get to decide to love the process now.

I can have thoughts that shipping is hard. I've had them. That it takes too much time, that I do not love it. But it just keeps me in mind drama over it. Or I can think about how my clients will feel when they open the package or when they get this beautiful brochure and they're thinking in that moment about signing up for The Transform Society and how it will change their lives.

I get to decide to love the process and when I change my thought, I'll feel differently about it. I teach my ladies to love the process of losing weight. Learning to love the now and love the process, it changes everything. Learning to be curious about why you're carrying extra weight instead of beating yourself up about, learning to lose weight in a way that feels like love, learning to take care of your body and replacing old diet beliefs with new empowering beliefs.

This is how you learn to love the process. And by learning to love the process, you also begin to love you. You start showing up for yourself more. You start keeping commitments. You eat foods that fuel your body and you move in a way that is love. Not punishment.

To start loving the process of losing weight, notice thoughts like, "This is hard. I hate it. I don't want to do it. Why me? This takes too much time. I'll never succeed." Notice all of these sneaky little thoughts. Then brainstorm all the ways that you can love the process.

I would take out some sticky notes and just start writing all the ways you could love the process. And then write all the reasons why it's important to

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love the process. When you love something, you do it. You take care of it. When you don't like it and you have all of these feelings of dread and hate, you don't want to do it. You put it off.

We've done this, loves. This is what's kept us on the diet roller coaster. I can love the shipping process by asking for help organizing it, having more of an assembly line. It's way more fun with other people. I used to do a lot of it by myself.

It's important because taking care of my clients is my number one priority in my business. Because I love thinking of them opening their packages and loving the BFLY swag. I love thinking of them using their transform planner every day and it changing their lives.

I could go on and on with all the reasons why I love the process of shipping. And now, when I think of shipping, it gets me excited. And when I'm excited, I want to do more of it. When you get excited, love, about weight loss, and the process of losing weight, you'll want to keep doing it. You'll want to keep going when it gets tough.

You'll learn to love the now and have more joy in your life. Loves, it's so good. So, the transformational questions today are what could you love about the process of losing weight? And why is it important to love the process?

Loves, so if you're interested in taking this work deeper and transforming your weight, join our Transform Society waitlist. We are opening June 15th for six days. I know loves, I'm so excited too. I will also pack up a beautiful brochure that will give you all the details of Transform. So if you want to join the waitlist, it's bflycoaching.com/waitlist. And you know, come join us. Alright, bye for now loves.

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If you love this work and want to go deeper, take my free course. You can learn more about it at bflycoaching.com/free-course. Bye for now, 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 over to bflycoaching.com. That's B - F - L - Y coaching dot com. See you next week!