

Ep #46: How We Make it Hard and How We Can Make it Simple



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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 46.

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 today. I'm always so excited to be back with you. We're going to talk about how to make it simple and how we make it hard. But as always, before we get into the show, I want to give a listener shout-out to Jessica McCann.

She wrote, "So much of what you say hits home for me, Shannan." Thank you, Jessica. It means a lot to me that you're listening and I thank all the ladies who have taken the time to leave a review. I really appreciate it. If you've loving the show, please leave a review.

So it is hot here in Arizona. We have been over 110 every day for a bit. And we even hit 118. I'm not complaining because I love our weather most of the time, but boy, it is hot. I walked out the other day to throw some trash away in our garage and seriously, it felt like an oven. I mean, an oven.

So you know what I did? I just booked a trip to California at the beginning of September because I am sure I will be ready to get out of the heat by then. I kind of already am.

So ladies, have you ever been so excited to start a diet? I know I have been. I remember starting back at a big-name weight loss program. I got all my materials, I joined the online and the in person, I was going all in. I was

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super excited. I looked at all the before and afters that they had online and I committed. I was going to do it this time. I was super motivated.

I had gone back so many times and yes love, that is the definition of insanity because I always got the same bad results. I did lose some weight sometimes, but I would end up gaining it back and I did this over and over. But this time, I was motivated. I was going to do it. I was going to count my points, weigh my food, use all the calculators, get the most food for my points.

Oh yes, I had a full exercise plan too. I was going to exercise every day. I was going to do all the things. I was all in. It was a lot of things at once, but I had decided I was going to do it. I had my weeklong last supper. I know you ladies know what I'm talking about. The weeklong of binging of all the foods that I could not have once I started. Then I started.

I lost six pounds the first week. I was so happy, so elated. This was going to be it. This was going to be the time. It was consuming all my thoughts and it was a lot of work. So I did what I always did. I started to slip. I started going over my points, I had all of this mind drama and obsession about how to fit in more food with my points. And then the weight loss stalled. Then I gained. Then I quit.

It was so complicated. I thought it was hard. Being a Transform lady is the opposite. We make it easy. See, this is where we get it wrong. When my ladies come into Transform, we make it simple. We start with one to two things. We look for small success. Then I teach them how to change their mindset.

Now, my love, they all want to come in and do all the things and they want to be perfect. They want all the weight to come off in a month or two or three. But slowly, as they start to do small consistent action over and over again, they start to see success.

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And when they start to see success, it starts building and building. And then with the community of ladies, they start to believe that it's possible. They don't have to change everything. I meet them right where they are. And the Transform ladies see immediate success, even the smallest pieces of success.

Ladies, we have to stop making this hard with the 52 things that we're going to do and start tomorrow. We have to simplify our weight loss. We have to make it easy, simple. We have to stop thinking we're going to lose all of it in a month or two. We have to stop focusing on the weight.

What did I say? Yes. We need to focus on the process and getting small wins, small successes, and making it easy, making it simple. So how do we make it simple? We focus on one thing at a time, like making our realistic plan.

Once my Transform ladies feel good about that, we then go to the next thing. Simple, easy. That is how you start to lose weight for good. Simple, small actions over and over again. So the transformational question are, number one, how are you making weight loss complicated and hard? Number two, how can you make it simple today?

So good my love. See you next week where we are going to dive into one of the worst things we do as women to ourselves. I can't wait to spend some time with you love. Bye love.

If you love this work and you 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!

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