

# Ep #79: Transform Cheat Code to Weight Loss - Awareness



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**Shannan Christiansen**

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You are listening to the Weight Loss for Successful Women podcast with Shannan Christiansen episode number 79. 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 Love. So happy to be back with you. I'm so excited about today's show.

In today's show I am going to introduce you to the Transform Cheat Code to Weight Loss, and I'm going to do a four-part series and each week for the next four weeks I'm going to introduce you to one of the pillars. And today we're going to really dive into the first pillar. I know I love it, right, but first as always, I want to give a listener shout out.

And this is where I read a review of the podcast. This week's listener shout out is to Anita Marcum. She wrote, I loved the podcast and look forward to the freedom of this new thinking. Ah, short and sweet. I love it. Anita. Anita is one of our new Transform ladies too, so whoop Anita, and thank you for leaving the review.

And if you love the show, please rate and review it. It just really does help other women find us. And then who knows you might be on the podcast. I mean, so fun. Right? So, Oh my goodness love. I have to tell you about our little Emma. She is so tiny, but she is just the sweetest. She is doing so good.

And it just makes my heart so happy. She is the tiniest little peanut. You do really forget how small they are, but she is doing so amazing. And so are all my other grandchildren, they're doing really good. You know, I think they're just like, okay. I mean, you know, this is the fifth, so they're like, okay, we got it. And I think about my granddaughter, Belle. She's at that perfect age where she just wants to take care of her and wants to be a little helper. So, so fun.

Ladies, I am getting so excited. In Transform in my membership community, we do a biannual virtual event. Now it's a one-day event where I teach, coach, we give awards out, my family comes on. It is amazing. And I'm in full preparations right now. It's happening on April 17. And I am just so excited. I love this event. It is going to be like phenomenal. These events are just part of the Transform membership. And to be honest, I love watching my clients' minds. They kind of melt, maybe explode.

And then I love watching all of their successes. It makes me so grateful and appreciative for all the beautiful women in Transform. So I want to tell you ladies what I've been working on. So I am updating our Transform Weight Loss Course, and it's an amazing course, but I always am learning and researching, and I'm going to make some updates that I'm going to roll out this summer.

And I've been working on frameworks and milestones and making it really simple for ladies. I really want to, you know, just help ladies have more success and just reach all of their dreams, including of course, weight loss, but relationships, even money. And so I've been just doing a ton of research and I've been creating things. And one of the frameworks that I've created is this cheat code.

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And these are really honestly the basics of weight loss. And I really dive deep into them of course in Transform in my current course. But I wanted to share this with the public and talk about these four pillars. Now there are four pillars to the cheat code, and today I am going to go into the first pillar, which is awareness. And the other three pillars are planning, immersion, and success. I know, I mean, they're so good, they're so important on this weight loss journey, because I think for so long, we've thought losing weight is about the food. And honestly, the more I dive into this work, the more I work with my clients, honestly love, it's all in our mindset and, you know, throw in a few brain hacks and some tools that I teach and you really can find success. I mean, I'm watching ladies in Transform lose weight, live better lives, have better relationships. I'm watching them transform their minds. You know, they're really becoming these amazing women who are the bosses of their life.

So this first pillar, awareness, you know love, we have just become like robots. We're going through our lives. We're checking off things on our to-do list. I mean, do you, like is this you, am I talking to you? Like, I mean, I tell you, I remember so clearly, so many times in my life, I was just doing all the things for my family. Working, you know, taking care of children, you know, getting home from working 10 hours and driving another two and cooking dinner. And then by the end of the night, just feeling exhausted. I remember this so clearly when, you know, this was before I found this work, this was probably 10 or 11 years ago. I was pretty newly married to my husband and we were blending families.

My son was a teenager, you know, they're not that fun, but I mean, I love him. He's amazing. And you know, I had stepchildren and we were blending a family and I was working and I was getting my Master's degree. And I have to tell you ladies, I really felt like I was drowning. I mean, do you ever feel like that?

Like you're just under water. And I remember just trying to get it all done. And I really was kind of coming from a place of being a robot. And then at the end of the night, when I was exhausted, when I had given it to everyone, like all my energy to everyone else, in my bedside table I would have Reese's and peanut M&Ms and I would sit at night watching TV before I'd go to sleep and just eat.

And I was just really pushing down all of the emotions, all of the emotions of the day. And I just have to ask you, have you lost really the joy and pleasure in your every day life? Do you eat food to relieve stress? And is it your comfort. And love, I remember this for so long and I was just living in autopilot.

Part of our brain is the automatic brain and between the automatic brain and Lizzie, I mean, they're in charge like 90 to 95% of the time. And so it does feel like we're robots, like we're on autopilot, but if we can just come into aware awareness, just 1% more in your day, it will change your life. And awareness is really starting to become aware of our thoughts, our beliefs, our feelings, our hunger, right. And just choosing one and then starting there. One of the first parts that I teach in Transform is for ladies to just start to become aware of what are they thinking and what are their beliefs. We have years and years of diet beliefs, years of what we should and shouldn't do. We have years of believing that weight loss is hard and difficult and that we can't do it.

And we're just failing. We have years of believing that weight loss is our struggle and we're never going to overcome it. And being aware on a daily basis of when those thoughts come up, because so many of

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them are just, you know, record players playing in the back of our subconscious, and starting to just come into awareness a couple times throughout the day.

And what I recommend is that you just start to pay attention. You know, when you want to, you know, overeat or when you want to eat something that's off your realistic plan. When you want to, you know, you find yourself standing in the pantry eating a bag of M&M's right. What's happening. And how you come into awareness is just by asking yourself a question like, okay, why am I in the pantry? Like what just happened? Like what emotion am I feeling right now? Just that awareness of what is happening. Oh love, it's so life-changing.

There's some other things that you can do too. You can just, you know, put some reminders on your phone, like come into awareness just for you to start to question, what am I thinking? What am I believing today? What am I feeling today? It's just this process. And it sounds, you know, I know ladies who start this work because we've lived in autopilot for so long, they think, Oh, this is going to be difficult. But you know, just coming into awareness, even if it's once or twice a day, it really does start to change. And then over time, your awareness starts to grow. You start to notice like, Oh yeah, I'm having this thought, Oh, this is just Lizzie. Okay Lizzie, we got this. And then you can start to choose to think something different and you can start to choose to make different decisions. And this is how the process of changing your mindset begins.

And it all starts with awareness of your thoughts and your beliefs and your feelings. Because loves, we've been so disconnected from our body. You know, the next kind of level is starting to feel your hunger, starting to feel what food feels like in your body. But what I want you to do right now is just focus on one simple thing a day.

What are you thinking? What are the thoughts? If you're overeating or you find that you're resisting, right? Oh, there's a podcast a couple podcasts ago on resisting. And so if you start to notice that you're resisting, right, making your realistic plan or eating on plan, just asking yourself why? And I tell you, it is just, the awareness will get you out of the automatic brain into that prefrontal cortex, into our thinking, our higher level brain. And I tell you love, 1% makes a huge difference. So just doing this starting out once or twice a day will change your life. I'm serious.

So the transformational questions are one, How can you become more aware? Number two, How will you set yourself up for success?

So will you put a prompt on your phone? Maybe you have a, you know, a friend or an accountability partner or, you know, setting up some triggers like meal times, right? So if you notice around meal times that that's when you really disconnect, you really go into autopilot, try one meal where you're going to be really present and aware.

Ooh love. And if you need help implementing the tools that I teach and going deeper on this work, I invite you to join Transform Weight Loss Program. This program is based on three elements, coaching, community, and a weight loss course. This program will help you implement the tools so you can live your best life in a body you love. Go to [bflycoaching.com/join](https://bflycoaching.com/join).

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And you will not want to miss next week's cheat code. I am going to talk about the second pillar of the Cheat Code to Weight Loss. Bye for now. 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](http://bflycoaching.com). See you next week.