

Ep #94: Impossible to Lose Weight?



Full Episode Transcript
with Your Host
Shannan Christiansen

[Weight Loss for Successful Women with Shannan Christiansen](#)

Ep #94: Impossible to Lose Weight?

You are listening to the Weight Loss for Successful Women podcast with Shannan Christiansen episode number 94. 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. Today we're going to dive into the impossible. So good. You don't want to miss this episode. If you're loving the show, please rate and review the show. Also make sure you subscribe so I'm in your list every Wednesday morning. Love, it has been a good bit since I recorded and so much has been happening. I feel like I miss you ladies.

I haven't been on the podcast. I recorded a couple of them beforehand and usually I record every week. So it feels like a lot has happened. So first we went to lake Tahoe over the 4th of July weekend and it was beautiful. I really do love nature and all of the trees and it was nice to get out of the heat. It was cooler up there for sure.

And it's been very hot in Arizona, like really hot. I mean, it's that time of the year. So it was nice to get out of the heat. And it was the first time we've been on a plane since the pandemic started, since March. We went the very first week of March of 2020. We went to Buffalo on kind of a work/mini vacation trip to Buffalo, New York. And so we had not, Paul and I had not been on a plane since then. And so it was the same other than, you know, we had to wear a mask, but it was all good. And you know, of course everyone was super nice and friendly on the plane. So it was, you know, all good.

So Love's, we are getting ready for our members only event, Unstoppable Live. I can't believe it's less than a month away. This is, this event is an in-person and virtual. So I am going to be able to hug some of my ladies. Some of these ladies have been in Transform for over a year and a half. I mean, actually by August, they would've started probably following me two years ago and I finally get to hug them.

I cannot wait. I can't wait for my virtual ladies and my in-person ladies. This event, oh, it's just going to be amazing. We have so many fun things in store for them. I just, I just still can't believe it's less, it's going to be here before we know it and it's going to go so fast. So I'm trying to enjoy all the moments beforehand too. And love, Ooh, for all of you ladies who are not in Transform, we are doing a challenge in July. So if you love a good five-day challenge, maybe you've done one before, or maybe you haven't. If you have not, you want to do one. I love our challenges. We had, our last challenge was in May and we had so much fun.

It was such a great group of beautiful ladies. So you can go to bflycoaching.com/Julyfun and register. The last day to register is July 25th. It's also the first day of the challenge. So we are going to have a blast. I always love these challenges. It's a great way to kind of immerse yourself and learn what, you know, I teach and you know how to start to get off the diet roller coaster. So, Ooh, you want to get into that. So we also, I'm just going to do a little kind of spoiler. I'm not going to do a spoiler because I'm not going to tell you what it is, but I am going to give you a little sneak peek of something we're doing in August.

And this is, actually I've never done this before. I'm not going to tell you what it is. I know you're like Shannan. I'm not, but even my ladies in Transform and all of my ladies who are not, this is for all the ladies. And again, this is something I have never done before, and it is going to be amazing.

[Weight Loss for Successful Women with Shannan Christiansen](#)

Ep #94: Impossible to Lose Weight?

I cannot wait. My team and I have been planning or just getting it going and it's coming in August. So you do not want to miss this. If you're not on my email list, if you sign up for the challenge, you'll get on my email list. And then also of course, listen to the podcast. We'll make sure that we, you know, put it in here too, because it is going to be amazing.

And lastly, I know we have so many exciting things in August. We are going to hit the hundredth episode of this podcast, a hundred episodes. I know I can't even believe it. So we're going to do a giveaway. We're going to do something super fun for the hundredth episode. And so starting in episode 95, I'm going to start to release some of the fun things that we're going to do coming up in the upcoming episodes. So again, stay tuned. You don't want to miss it.

So let's get into today's show. So I have this t-shirt and it was given to me by one of, one of my teachers, Brooke Castillo from the Life Coach School at one of her masterminds. And it says "Impossible is Temporary." And I was, I wear this t-shirt on my walks a lot. Word impossible. I had this shirt on the other morning and I was taking, you know I love to take my ladies who are in Transform on the walk with me through a live. And I was talking to them about this, the word impossible.

Now the definition, the official definition is not able to occur, exist, or be done, or very difficult to deal with. I used to believe that loving my body, maintaining weight loss, living in a body that felt like freedom, I used to believe that it was impossible. I remember being at my heaviest weight, 315 pounds, and feeling like I was walking through mud.

I felt heavy. My body hurt. I felt out of control. I remember often crying because I was so frustrated and just that it was impossible to lose weight. I thought weight was always going to be my struggle. I was single at the time too, and I thought it was impossible for me to find love or be loved. When I think of this time, it was a pretty dark time in my life. I remember putting on the smile for everyone at work, even my family, but inside I felt depressed, lonely and sad. This word impossible was at the forefront. I did not believe in me. I had failed so many times at weight loss, it felt almost like desperation, desperate to get out of my own body.

Have you ever felt like this my love? Impossible. It's just a word it's made up of letters. It does not mean anything until we assign a meaning to it. I know. I really want you to think about that. It does not mean anything until we assign a meaning to it. See my love, I lied to myself. I told myself that it was impossible to lose weight, impossible to find love. I told myself I was not worthy. Not good enough, that I cannot do it. See, our brains. I'm going to give you, this is the spoiler alert on this episode. Our brains are liars. I know what Shannan. Yes. Our brains are liars. See, we have these old records. I like to think of it like a jukebox where it's like a stack of 45s.

Now, if you're younger and you don't know what a 45 is, it's a smaller version of a record. And I like to think of it, like visualize like this stack of 45s. And on the 45, there are labels and the labels are like, you're not good enough. You can't lose weight. You can't love your body. You've always failed.

And then I have another record that says it's too hard. And I have to tell you love, my brain loves to play the it's too hard record. It's impossible. And these records, oh my love. They just play in the back of our heads, the back of our brains over and over again. And so often they're just playing in our subconscious.

[Weight Loss for Successful Women with Shannan Christiansen](#)

Ep #94: Impossible to Lose Weight?

But love, I'm here to tell you that it's not impossible, not impossible to live in a body that you love, because I used to think that, and now I live in a body that I love. I've maintained weight loss for years, and I'm not a special unicorn, just a woman like you with all the things. All the records, all of them,

a whole stack. All the responsibilities and all of the doubts and fears. See impossible is just a word. And you can use it to believe that your dreams, your goals are impossible, or you can believe that it is possible. And that it's impossible that you live in a body that you do not love. You can start to practice a different word, a different sentence. I teach my Transform Bosses to practice one better thought. So instead of I can't lose weight or it's impossible to lose weight, one better thought is I'm learning to lose weight. So when that record starts playing just gently replace it with the new title, the new record, just switch it up. I'm learning to lose weight. And love, you can learn how to replace those old 45s with new thoughts that help you achieve your goals and dreams.

I want to leave you with a couple quick questions just to ponder. What if it was impossible to live in a body that did not feel like freedom? What if it became impossible to keep putting yourself last on the list? Or what if you use the word impossible to live your best life in a body that you loved?

Ooh, so good. And a couple of transformational questions. One, how have you been lying to yourself about what is possible for you? And number two, what can you practice believing today that will help you achieve your goals?

Ooh, my love. And if you want to have a blast and change what impossible means to you in July, join my five day challenge. You can go to bflycoaching.com/Julyfun to register, so you can start to live your best life in a body you love right now. So good my love.

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. See you next week.