

# Ep #122: One Thing You Don't Need to Lose Weight



Weight Loss for Successful Women Podcast

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You are listening to the Weight Loss for Successful Women podcast with Shannan Christiansen episode number 122. 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 back with you. Let's talk about the one thing you for sure do not need to lose weight. It's not what you think. So, my love, I just went with my daughter-in-law and granddaughters to get our pedicure and nails done, and it was so fun. It was, you know, it is fun to be a girl. I have to say there's all sorts of things and we all enjoy different things, but I love, you know, going with my granddaughters and my daughter-in-law to get our pedicure and nails done. And it was my Jacksy's first time. Now ladies, I have to tell you about Jacksy. I know I've talked about her before, but she is a fashionista. She changes her outfit several times a day. And it was her first time, so she was very excited. She said, this was just made for me. I'm telling you, I'm pretty sure my son and daughter-in-law, they're going to have their hands full with her. She is just, she is sunshine in a little body, I have to say. And I just love her.

So let's get into today's show. When I was on the diet roller coaster, I did a lot of different diets. I did them all. I mean, mostly all of them. And you know, I did things like Atkins where, you know, I'd eat meat and cheese for a few weeks and then, you know, realized I just could not eat only that. I also did countless diets with food plans or pre-packaged foods where, you know, you bought those little gross things where, you know, I'm pretty sure like pot roast could be in your, like your cabinet. I mean, if you just think about that for a second, it doesn't seem right. And I was always looking for a food plan to help me lose weight. I thought that there would be this magical combination of foods that would just, you know, it would be easier for me to lose weight.

But you know, the diets, they would work for a bit, but it never lasted. And I would always gain weight back. So the one thing that you don't need to lose weight, here it is - a diet food plan. You don't need someone else telling you what to eat, how to move your body, and what your body needs for fuel. I teach my clients how to make a realistic food plan. This is all about eating and allowance, not restriction, and they can put whatever they want on it. Foods they enjoy. Foods they love.

I teach my clients how to become the scientist of their own bodies. See, diets and diet food plans they keep us disconnected from our bodies. We don't even know what hunger or fullness feels like because we're so disconnected. When I was on the diet rollercoaster, I had no idea what hunger or fullness even felt like in my own body. And food plans, diet food plans, they keep us looking on the outside of us, for someone else to tell us what to do. But weight loss, it's an inside job. To lose weight for the last time, you have to understand your own thoughts and beliefs of what's keeping you overweight. Then you have to learn how to break your diet brain, heal your relationship with food, and reconnect with your body by becoming the scientist of it.

I know that might sound hard. You might be like, Shannan, I don't even know where to begin. But I want to tell you, living in a body that is overweight, my love, that is hard. Bingeing, going out at 10 o'clock at night because you have to get a Sonic shake, that is hard. Not being able to buy the clothes that you love, move your body in a way that you want, not being able to play with your children or grandchildren, my love, that is hard. The process I teach is simple. I teach it in a doable process, simple steps so my Transform Bosses don't get overwhelmed. And if they start to, well, then they come get coached. They reached out to the community or go back to the weight loss course.

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You can keep looking for the perfect diet plan, looking for the perfect combination of foods that will magically melt the fat off your body. But my love, it doesn't exist. Not for the long term. Because when you're stressed, when you start sabotaging your success, if you don't have the mindset tools, you'll just gain it back. If you don't learn how to love the grind, love the process, then you'll always be searching for the next new thing, only to be disappointed. I don't want that for you my love. I want you to have success. I want you to learn how to live your best life in a body you love, how to find a freedom in it. Wear what you want and get to your natural weight.

Now ladies asked me, Shannan, what is natural weight? It is the weight that you want to be at. It's where you feel amazing in your body. Not some number that came from some archaic system that they don't understand your body. If you're ready, Transform Boss opens February 9th. We are doing our Transform Boss free challenge, and it starts on February 7th. You can register at [bflycoaching.com/me](https://bflycoaching.com/me), M E.

And the transformational questions and actions for today are one, what do you believe about losing weight? What are all those thoughts and all of the rules that you have floating around that beautiful brain of yours? Number two, how have those thoughts served you or sabotaged your weight loss? And number three, how can you lose weight for the last time? What is your very first step?

Get into our free challenge my love. It starts on February 7th. Go to [bflycoaching.com/me](https://bflycoaching.com/me), M E. Bye for now 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 [bfly.coaching.com](https://bfly.coaching.com). See you next week.