

# Ep #134: It's Me or You – Thinking You Have to Change

WEIGHT LOSS FOR SUCCESSFUL WOMEN PODCAST  
EPISODE 131 TRANSCRIPT



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

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You are listening to the Weight Loss for Successful Women podcast with Shannan Christiansen episode number 134. 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 episode. I think it's a meaningful episode because we as women, we have just shown up for all the other humans in our lives, and we really struggle with a lot of guilt around taking time and working on ourselves. So, you don't wanna miss this episode.

So April is half over. I can't believe it. Time is just moving on. Before you know it, it will be summer. I'm just enjoying the spring because summer is kind of like winter for many of you. It is hot here in Arizona, and you know, then, you know, I have to kind of stay inside during the late afternoons. And you know, I really like early morning, like 5:00 AM I'm out doing my walks because it does get hot here in the summer. But I, you know, it doesn't bother me too much honestly, other than August, don't ever come to Arizona in August. No, cause we get humidity and it is no fun. That's for sure. But I don't want to complain. Our weather here is so beautiful. So I am just, you know, wishing all of you a happy spring day.

Let's get into the episode. I can't wait. I want to do this episode because as women, we have a lot of guilt about doing things for ourselves, investing time and money. For many of us, we watched our mothers or caregivers give selflessly to the family, do all the things. or we've watched movies and TV shows that painted mothers into these perfect humans who gave up everything for their families. That everyone else is the most important. That we should give selflessly to them. We have taken in these messages through socialization, media, our families, our upbringing, that if we take care of ourselves, if we put on our oxygen mask first that we are selfish. That we're not good mothers, good friends, good humans, good daughters, that we don't care about others.

When I was a young mother, I had so much guilt. I thought everything had to be for my son. And add onto it, I had tons of guilt about not being a good enough mother. Whenever I did something for me, I immediately had guilt. I would think, well, Taylor needs this or, oh, I should be with him. And what happened over time is that I stuffed down my wants and needs with food. I was a working single mom and felt exhausted. I was not taking care of myself in any way. And this is the craziest part of it all. I was not as good of a mother for him. I was working, taking care of Taylor, doing all the things, but I was not investing in my brain and my health or me overall.

So after working all day, I was exhausted. I would overeat. I lived this numb life, just checking things off my to-do list. I was a good and bad mom. Of course, I love Taylor. Oh, I love Taylor, and did great things for him. This is not to beat myself up or think it should have been different. It's just to understand the difference of today. I invest in myself time and money. I take time for me. And when I'm with others, I'm more present. I have more energy. I feel better. I am a better wife, mother, friend, leader because I invest in myself. Because I take time for me. It's not an "or" situation, me or them.

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It's an "and;" me and them, me and my family, me and my friends, me and my grand babies. I don't have to choose. I get to invest in myself and my family. We don't have to choose loves. We get to put ourselves on the list. We don't have to put ourselves on the bottom of the list. Because when we do, we're not our best selves. We live these numb, checking things off the list, robots or zombies, if you're into that. We as women, we have a hard time saying no. We have a hard time doing things for ourselves. But loves, when you are doing all the things for all the humans, you become resentful and you're not doing the things out of love.

And how you're showing up is not your very best self. I know this because I did it for most of my life. I want more for myself and I want more for you. See, my family, friends, Taylor, they were waiting for me. They wanted me to show up for myself. They were my biggest fans. They wanted me to show them the way. I want to be an example of what is possible for those around me. I want to lead by example. I want to show my son that he's important and that his needs, wants, desires are important too. That investing in himself is important. Doing the things that he loves is important. He's a great dad, but he has so many talents, passions, wants, and desires, and I want him to explore them all.

I want him to show the examples to my grandbabies. I want him to show that he is important because when he selflessly just gives to everyone else, just like I did, then the message that he's sending to my grandbabies is that he is not important. It's the message that we send to our families, to the humans around us when we don't take care of ourselves. If you're not loving yourself, if you're not showing up for yourself, if you're not doing things for yourself, well, you sure can't expect anyone else to do that.

Losing weight, deciding to invest in yourself, it's not a full-time job. It's just small decisions that you make daily. It is taking the two minutes to make your realistic plan. It's taking 10 minutes to listen to a podcast, or for all my Transform Bosses, listening to the coursework, listening or participating in a coaching call, coming into the community. It does not have to be a you or them situation. You can lose all the guilt my love. Know that when you invest in yourself, in coaching, you will step into that next version of yourself. You will be better for it. You will love deeper, have more connection because you will start to have it for yourself.

The transformational questions and actions today are one, what ahas have you had from thinking about investing in yourself? Two, what can you do to invest in yourself? Three, what are the benefits to yourself and the other humans in your life when you invest in yourself? If you're not a part of Transform Boss, take my free course. Go to [freebosscourse.com](http://freebosscourse.com). This will give you an introduction and a workbook to get you started on losing weight for the very last time. 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 [bfly.coaching.com](http://bfly.coaching.com). See you next week.

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