

Ep# 153: The COST of Losing Weight Pt.2

WEIGHT LOSS FOR SUCCESSFUL WOMEN PODCAST
EPISODE 153 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 153. 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, I'm going to roll out the second part of a two-part series where I teach you what the COST of losing weight for the last time is. And it's not what you think it is. If you missed last week, go back and listen to it. Episode number 152. I have been researching and creating a five-month series in Transform Boss called healing you. I think it may be the best work of my life. I have been deep in learning and testing.

I rolled out the first part in our boss event a couple of weeks ago, and then each month inside of Transform Boss membership, I will teach a workshop and we'll do the work together. I'm teaching my bosses how to heal their relationship with food and themselves. Ooh, my love it is so powerful to heal, to heal from the inside. I am so excited about it. I cannot wait. Now don't worry. If you're not a boss, we're going to open back up in October and we will have the replays available .

Last week I taught you how to get off the diet roller coaster for good, and that there's a cost to it. There is hard work, but it is the best work of your life. I created an acronym from cost, C O S T. I taught care and ownership, and today I'm going to teach you the S and T. The S stands for showing up. We as women show up for everyone else. We have no problem in showing up for others, doing what they ask, even if we don't want to. We work so hard for everyone else. Then we think getting a pedicure 45 minutes is self-care, but it really isn't.

Showing up means doing the hard work, committing to yourself, and showing up, even when you don't want to. It's doing the things that in the moment Lizzie's telling you, I don't want to do it. It's saying no to the things that you don't want to do, or that don't serve you any longer. You matter. You are worthy. You deserve to show up for yourself. You think you deserve a cupcake , but my love, you deserve a thousand times more than that. You deserve everything you want. And how you get it is by showing up for yourself. Keeping commitments to yourself, failing, learning, and growing. Showing up for yourself is a must. It's investing in yourself, investing your time and money because you matter my love.

The T stands for talking to yourself. Talking to yourself more than you listen to old beliefs is part of the cost of losing weight for the last time. You have thousands of old programmed beliefs. Beliefs like I can't lose weight. I'm not good enough. I'm too old. I'm not enough. She is better than me. Weight loss is just my struggle. I'm big boned. It's my genetics. Love, those are just thoughts, sentences. Just words put together that formed a sentence.

And to get off the diet roller coaster, you must start talking to yourself more than you listen to the old nonsense belief and thoughts. We anchor ourselves in some old version of ourselves and believing that we can't lose weight or live our dreams. But I am here to tell you it is possible. You can do anything. I mean, anything. You just have to start talking to Lizzie, start telling her that you don't want to believe that anymore. That you're going to keep the commitment to yourself.

Talking to yourself more than you listen is in my top three of how I lost weight for the last time . How I went after my dreams, healed relationships. It is a must. There is a cost to losing weight. You must care

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for your mental, emotional, and physical health, by being aware of what you're believing and thinking, and feeling, and then reconnecting to your body. Feeling that hunger, feeling fullness, allowing yourself some grace. And love, it is taking ownership, full accountability and agency over you, your life, and your decisions. It's being completely transparent with yourself. And no beat down included.

And then showing up. You gotta do the work. Ooh, I love hard work. I love how I feel after it. Lizzie will tell me, don't do it. Don't show up. Don't keep the commitment. But I love how I feel after it. And I have to remind myself because I know that after I do the thing, the thing that I don't want to do, that I'm gonna feel amazing after it. So you just have to keep showing, and you gotta talk to yourself more than you listen. Because you matter, you are worthy, and you got this my love. One small decision, one small action, just over and over again.

If you want to take this work deeper, then go to freebosscourse.com and take my free course. And next week, coach Jenn and I, we're going to answer all the weight loss questions, she's been compiling them. Ooh, you don't want to miss that one. All right my love, 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. See you next week.