

Ep# 156: The Scale and What the Number Really Means

WEIGHT LOSS FOR SUCCESSFUL WOMEN PODCAST
EPISODE 156 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 Christensen episode number 156. Welcome to Weight Loss for Successful Women, a podcast for women who are ready to break the diet cycle and end their struggle with wait for good. Here's your host, fortune 100 executive, and certified life coach, Shannan Christensen.

Hello love. So happy to be back with you. It has been just such an amazing time the last couple of weeks, since I recorded this podcast. We just celebrated my husband's birthday, he just graduated and finished his master's degree, and got his license to be a licensed counselor. So it has been a fun time in the Christiansen household. We also went up north for a little bit and had some relaxation and it was just gorgeous up there.

And our weather is starting to change. I know, I went for a walk today and it was like 80 degrees. I know, in Arizona, my love, that is good. Ah, it's just been a great time. We also just packed up, the whole team came over that's here in Arizona, and we packed up our very first TBoss book. This is a monthly book and it's gonna have all of our Transform Boss worksheets, recipes, fun, a calendar. This is so my members of Transform Boss Weight Loss, so they can have more success.

When ladies join Transform Boss now, we send them a welcome book and it has everything that they need to get started, including the worksheets, including a plan, so they have for their first month. And then in their second month and on they'll receive this. And then all of my ladies in Transform Boss Weight Loss, they're gonna receive their first book, and we are so excited. And we even have a cover boss. Oh yes my love. I feel like we produced a full magazine. It is awesome. And we have a cover boss and then we have the boss babes. So it's such a fun way to highlight my members and their success. I know, ladies you gotta come in. Transform Boss Weight Loss. We're opening in October, mark your calendars. I know a lot of you've been waiting.

So in our 150th episode, we had a contest for ladies, and the contest was if you left a review and rated the show and then emailed our support email box with the review, we would put you into a drawing, and drum roll. The winner is Cynthia Joncas. Woo woo. And I'm gonna be sending her a box chocked full of my favorite things. Woo. It's gonna be an amazing box ladies, it really is. I'm gonna put so much fun stuff that I love. Plus I'm gonna put some Transform Boss stuff in there. Ah, Cynthia's gonna love it. So I wanna thank Cynthia for rating and reviewing the show and to all of the ladies who rate and review the show. I really appreciate it. When you leave a review, it helps our show reach other ladies so they can also listen to the show and learn this amazing work.

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So let's talk about the scale. I have been doing a series in Transform Boss called Healing You, and I'm taking my bosses through the healing process so they can heal their relationship with food and themselves so they can release the weight for good. The first step in the healing process is awareness. And this challenge, these thoughts, these old beliefs, these old records around the scale and what we make it mean, the number, it comes up a lot. I wanna take you back to when I was younger. So when I was younger, for many, many years, my magic number was 120 pounds.

I heard lots of stories, lots of people, women and men talk about weighing 120 pounds or less, even in movies and magazines. It was just this number that I had created a story in my mind about. If I just weighed that number, then everything would be good. I would create vision boards with that number on it. Pictures of models who I thought weighed 120 pounds or less. You know, I just again thought that if I weighed that number, if I got to that weight, that everything would be amazing. And what I really interpreted that to be was that if I was a smaller weight, that weight, I'd be able to find love. I'd be acceptable, worthy.

As I went through my adult life, I never weigh 120 pounds. It was a fictional number that I was socialized to believe that I should weigh. We all have this number, this fictional number. Maybe it was a weight that you weighed when you were younger or some number that you were socialized to believe is what you should weigh. When we think we should be different than we are, we then think we are not enough. Not worthy. Take that in. Every time you think you should weigh less there is another thought, another feeling of unworthiness inadequacy, or not enough. It's important to be aware of what you make that number mean, what you make how much weight you have on your body mean. Maybe you looked at some weight chart or BMI scale, and you've been made to believe that you're not good enough.

Maybe someone told you that your weight needs to be lower. But I wanna give you your power back. You get to decide what you want to think and what you want to weight. You get to heal from the pressure of feeling not enough because of some external number. The number on the scale, your worthiness, your enoughness has nothing to do with that number.

And this is why it's so crucial to losing your weight for the very last time. If you keep resisting the number, you keep telling yourself it's not good enough, the number that it is today, right? You keep telling yourself it's not good enough. Are you ready for the mic drop? Then it will never be good enough, no matter what you weigh. Or you'll be so scared that you'll lose all your excuses of living your best life that you sabotage your weight loss and keep the weight on. See you have this thought, when you lose the weight you're gonna do all these things. You're gonna be a different person. But that thought, that belief actually keeps you from releasing the weight. Because you are fearful of the loss of yourself, of who you are now.

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You may think that you're overweight because you eat too much or you love food, but you're carrying extra weight because you're fearful of what you will lose when you release the weight. This fear keeps you stuck and sabotaging your success. This number on the scale, it's just data. It's just a number. It does not mean anything until you make it mean something about yourself. Get on the scale, don't get on the scale, but release the expectation of what you should weigh and start doing the work to reconnect to your mind and body.

Because my love, that is where the real work and transformation lies. The scale is just BS. It keeps you thought looping and playing in the puddle. You must learn to think differently now, to love yourself and your life now. You will not become a different person because you've lost your weight. It just doesn't happen. You will just be you with all your thoughts and old beliefs in a smaller body.

So number one, what are your thoughts around what you should weigh? What is that number? Number two, how is it keeping you stuck and actually keeping the weight on? Number three, how could you love the number that you weigh today? How could you start to think differently about it so you can disconnect your worth from it? The number on the scale does not mean that you are good or bad. It's just a number. When you start to disconnect from that number and you start doing the work of healing, the work of loving yourself, oh my love, everything starts to change. Because love, you are worthy. You are enough, you are lovable today, and you always have been, no matter what that scale says.

Mark your calendar my love, because our Finish Strong free challenge starts on October 17th. This will be the last challenge of the year. And in this challenge, you will learn the basics of weight loss and how to implement them. This week-long event is gonna be filled with fun, some tears for sure, love, and support. More information coming soon. In the meantime, if you've not taken my free course, go to freebosscourse.com. Ooh. So good. 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. See you next week.