

# Ep #161: Ohh, the Holidays

WEIGHT LOSS FOR SUCCESSFUL WOMEN PODCAST  
EPISODE 161 TRANSCRIPT



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You are listening to the Weight Loss for Successful Women Podcast with Shannan Christensen, episode number 161. 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 Christensen.

Hello love. So happy to be back with you. Oh, ladies, we just welcomed in a whole bunch of new Bosses, #newboss. I am so excited for them. We had the Welcome party last night and it was amazing. I love these ladies and I cannot wait to watch their journey and watch them transform and reach all of their goals. I know that they are excited and also have some fear, but that's what we do in Transform Boss. I teach them how they can have success and still have fear. Because fear will always be your passenger. Always.

I know fear never goes away and it doesn't go away unless you've completely disconnected and you're living like this kind of meh life. I know. When you want something amazing, you want to reach goals, you want to have your dreams and desires, what I talked about in last week's episode, fear will always show up. So what? What? Yeah, that's what I teach you my loves. So what? When you know it will be there, fear, and you do amazing things anyway. You are unstoppable.

Ladies, we are getting ready to go up north to this amazing cabin with my family. This is our yearly fall trip and I cannot wait. It will be cold and fun. Oh, and my grandbaby's ladies, I cannot wait. I just wanna wrap myself in them. I do. I just love them so much and I'm gonna disconnect. I'm gonna get lots of rest. I just cannot wait. I'm gonna sit by the fire, read, play games. Oh, my loves the best.

So let's talk about the holidays. Oh, yes, they are here. I know they come every year. I think they come faster and faster the older I get. I absolutely love the holidays. They are my favorite time of the year, and they're also full of all the feelings. Loss, grief, worry, overwhelm. For so many holidays, I did all the things for all the other humans. I did. And I remember holidays, though I loved them also, there was many years I would get sick, like with bronchitis and different things because I just, I don't know. I worked myself to death, honestly. I just worked and worked and worked and did everything for everyone else, and I wanted everything to be perfect.

And then as I went through this process that I teach now, I started curating my own holidays, how I wanted them. I made a plan of the things I wanted to do, how I wanted to show up, and how I wanted to feel during them. I let go of the perfectionistic, people pleasing me. I really did. I don't have to have the perfect tree or the perfect holidays, or the perfect family. I just allow myself to enjoy and have joy. I love the holidays, and I'm not worried about my weight or going to things I don't want to. I find that my family has more fun with me because of it.

I actually show up better for the humans around me, and I also allow myself to feel the feelings. You know, I miss my mom and the holidays, it was her favorite time too. Oh my goodness. She loved them. And I miss her, and I miss the traditions. I miss her cooking. I miss her calling me five times a day, no lie, because she just loved them. She loved going over her list a hundred times with me, and I just miss it. And oh, I know. I get a little emotional ladies. And I allow myself to feel those feelings. I allow myself not to have the perfect tree, the perfect family, the Instagram shop.

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I get my messy holiday life, and it feels relieving actually. It feels like relief, my holidays, it feels like joy. That is what my holidays feel like now. I'm not obsessing about the food I'm going to eat because I'm pushing down other feelings that I'm having. I just feel all of them. And I allow myself to have an imperfect holiday. When I started thinking differently about the holidays and made a plan, I make a plan every year, it has made all of the difference in the world.

See, with my bosses, we make a plan every year. Every year I do a holiday workshop, and we plan and curate what our holidays are gonna be. I don't need to eat my way through them. I get to feel all of the feelings and still enjoy my favorite foods.

So number one, decide on how you want to show up this holiday, what you wanna do for yourself. And what you're okay with letting go of or not going to. Ladies, when you don't wanna do something and you do it anyways, that's full of resentment and ugh, just horrible feelings, and you don't show up as your best self. So do the things that you wanna do. Your family will thank you for it.

Number two, join us in our Holiday Healing You Workshop. What? I know that some of you missed out on our opening of Transform Boss and you're kicking yourself. But I wanna help you with the holidays. So I'm doing a four-hour workshop with all of my Transform Bosses on November 12th, and I'm gonna invite ladies who are not Transform Bosses to come to the four-hour workshop.

All of my Transform Bosses, don't worry, it's on your calendar. You got this, you're coming. You don't have to do a thing. But if you are not in Transform Boss Weight Loss, then you can go and register for the workshop. It costs \$19. I mean, what a steal ladies, \$19 for the workshop. And the first 40 ladies that register will also get the workbook mailed to them.

Now you must register by November 7th, 2022. In this workshop, you're gonna learn how to start setting goals that you can achieve, what the optimal Healing Zone is, and I'm gonna start to teach you how to heal your relationship with food and how to start rebuilding your relationship with food and yourself. Then together we're gonna curate a plan for you and the holidays. How to get through the holidays like a boss.

This workshop will be so powerful. Now, if you're a boss again, don't worry, you're in. It's on your calendar my love. Now, for all my non bosses who are not in Transform Boss, when you pay the \$19, you're gonna get the four-hour workshop, the workbook and replay of the event that won't expire for three months.

Ooh, so good. I never do this, but I really have a mission of helping every woman live their best life in a body she loves. So go to [bflycoaching.com/yes](https://bflycoaching.com/yes). We'll also put it in the show notes for you. So good, my loves. Bye for now.

Thank you for listening to this episode of Weight Loss for Successful Women. If you love what you heard today and wanna learn more, come on over to [bflycoaching.com](https://bflycoaching.com). See you next week.

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