

Episode #230: The Cycle of the Right Time

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 230. 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, I love, have you registered for the challenge yet?

I know it's starting on Monday, February 26th. You wanna be in, so go to, you can just go to jointransformboss.com actually, and you can register for the challenge there, but ooh, yes, let's go. Ladies. I love the challenges. I haven't done one since October, so I'm kind of jonesing a little bit. They're such a great free thing that I do.

Actually, lots of women will be in it, and you can too. Yes. So let's talk about time. It's such a construct, right? It's, I don't know, it's kind of made up to be honest. I think about this in the cycle of the right time, meaning how many times have you pushed yourself off waiting for the right time,

or you think that something's wrong with you because nothing was in the right time. You just don't do things in the right time. So I think about this for myself. So you know, there's like this social acceptable order of life, right? You go to school, then you go to college, then you like get married and have a family, and then I don't know what happens actually then you have a career.

I mean, I'm not sure, right? It's like all this, like what you're supposed to do. So if you do things out of order, then you feel shame about it. And I did. But let me just tell you, let me tell you about my life. I got married at 19. I had a kid at 20, divorced at 22,

started my bachelor's degree at 27, finished at 35, found the love of my life at 35, had my first grandchild at 39, finished my master's at 42 and started a business at 47. I have done absolutely nothing at the right time, right age, right order. And again, it's just social construct, right? It's what we're taught to believe.

And so what happens to a lot of people is if they don't do things in the right order, they start having a lot of shame and judgment. Start to tell myself like, nothing's in the right time, but I just wanna just ground you right here. The right time is made up because what happens is, all my ladies who are entering middle age,

late forties, fifties, sixties, we start saying, oh, I'm getting old. Oh no, the life is done. That just made me laugh. That voice. Yeah, that's what we do. Oh, I'm retiring. Oh, I'm gonna just get old

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and wither away, ladies. The right times just made up. It's just a way that we kind of like keep ourselves down.

There's no right order of life. There are people who don't start moving their bodies until they're 70, 80 years old. They don't start going to college until they're in their sixties. I mean, all of it is made up. It's all made up. And so you get to decide what is right for you, what is the time for you? Because there is no right time.

Let me go to the punchline. The time is now. The time is today. Let's go. And so I want to explain like the cycle of the right time in weight loss. So this is what happens. I'm gonna give you this example. You get real excited. Maybe you're like me. I love a new year, right? We love a new year.

You are like 20, 24. This is it. You start your plan, your diet plan. And I know this is for all my ladies who are not in Transform, Boss, I know you're out there listening to me, but you started the keto or the whatever it is, and you feel pretty good. You're just like, you know, cleansed your closet and pantries,

threw away the food, bought all the keto stuff. There's tons to buy now. And you're just like, yes, yes, let's go. So you start going, you cut the carbs. You don't feel very good actually, but you're like, I'm gonna power through it. And then you get sick, or someone in your family gets sick,

or your job gets busy, or you know something's going on with one of your family members. So then you start telling yourself, well, this is not a good time. And then you start slowly quitting on yourself and you do this cycle over and over and over again. And I just wanna add the caveat mostly. You don't really ever start. You don't really start,

you just kind of like halfway, right? You're just like, I'm gonna start. But then you really don't. You just keep pushing yourself off over and over and over again. This is it my love. There is no right time. Life is 50 50. There's always drama, pain, more things to do than you thought there would be. Things take more time than you thought they were.

There's excess demands on your time. I mean, there's just always something always. And there's no right order. There's no right order in this life of how to do things. The right time is just a way that you give yourself an out. I wanna say it again. The right time is just a way that you give yourself an out, an out to be comfortable and to live a life that in a body that you don't love.

Who wants that? Do you want that anymore? That's a really good question to ask yourself. Do you want something different? What the right time does is it just gives you a reason to stay safe and comfortable. Fear has won every single time. When you say, this is just not a good time, I will start after. I will start again.

I'm behind. I need to catch up. You don't need to say that anymore. You don't need to think it anymore. And when it comes in, you replace it with something different. So number one, just

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start. Just begin. There's no right time doesn't matter, and this is for anything. It can be weight loss, but it can be for anything you get to decide.

And then two, just take one step, one step forward. You're gonna fail sometimes, and then you just get back up and you take the next step forward. You take the next best action for yourself. And then number three, you just keep repeating. Step number two, you just keep taking a step. You just keep moving forward. You don't have to start over.

You don't have to catch up. You just keep taking small steps. You're never going to find the right time, you're just never gonna, something's always gonna come up. There's always gonna be a busy week or, oh, I've got 22 doctor's appointments this week, I have this, I have that. There's always going to be a reason. Just don't let the reasons when,

'cause you're worth this work. You're worth living your dreams and living in a body that you love and feeling good in it and being at your natural weight, the weight that you want. You deserve all of that. And if you wanna lose weight for the last time and feel better and make it easier on yourself, then follow this podcast. I'll be here every Wednesday and get on my email list.

We'll put it in the show notes and then go to jointransformboss.com. Make sure you get in on the challenge and then come join us. Ultimately, that's what I want for you because I know the great work that you can do in transformboss.com. I watch Ladies Lose Weight, get off the diet rollercoaster for good, feel better.

I watch Life Happens and they just keep getting up. That's the powerful work that we do. 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 wanna learn more, come on over to bflycoaching.com. That's bflycoaching.com. See you next week.