



TRANSFORM BOSS

JUMPSTART YOUR YEAR

5-DAY JUMPSTART



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SHANNAN CHRISTIANSEN

CERTIFIED
LIFE COACH



I weighed as much as 315 pounds and struggled with my weight for almost 38 years. I was on the diet rollercoaster and did all the diets, weight loss surgery, pills, and exercise plans. I was a successful woman but my weight was always my struggle.

I thought I was always going to be overweight.

Until I found coaching. When I hired a life coach and started to transform my mindset, everything changed for me. This work has helped me lose weight, save my marriage, and have great success in my career. I learned practical and simple tools to transform my weight, my body image, and my love for myself.

I have been coaching for 29 years professionally and became a certified life & weight coach in 2018. I have my Masters degree from Arizona State University.

I will teach you how to believe new things, simple basics, and how to lose weight for the last time.

If you are ready to stop dieting, stop worrying that you are going to “fail” again, and learn how to lose weight for the *last time* – **You are in the right place!**

I know as women we show up for all the other humans – This week is for you. This week is about YOU showing up for YOU. You got this, my love!

So much love,
-Shannan Christiansen

HOW IT WORKS

WHAT TO DO:

#1 - Watch the Daily Teaching Video - It will come in email or go to bflycoaching.com/mypage to watch it.

#2 - Complete the Daily Challenge - Every day there will be a simple challenge in which you will just comment on the Daily Challenge post in the private Facebook group. You can find the daily challenge in the daily email or in the Challenge Facebook group.

#3 - Attend the Daily Q&A w/Shannan - Shannan will teach and answer questions. You do not want to miss these! The link will be in your email and on bflycoaching.com/mypage

TIPS:

Come to the calls with Shannan. Make this a priority this week. If you tell yourself you will watch the replay, most likely you will put it off. We as women have a habit of putting ourselves off.

The Facebook group opens on 03/25/23 and will be archived on 03/31/2023. **All of the replays and videos will be taken down at 10 a.m. on 03/31.** This is a 5-day challenge, so you want to make time this week to do it.

This is a sample of what I teach in my membership, Transform Boss Weight Loss. You will learn the Brain Basics that will transform your weight loss journey. **You may want to take this work deeper and come join us.** You will get the opportunity to do so in this challenge at www.jointransformboss.com/me

We **created a challenge home page just for you, with everything you need** - workbook, replays, daily videos, link to join Transform Boss Weight Loss at www.bflycoaching.com/mypage

TRANSFORM BOSS CHALLENGE

DAILY Q&A W/ SHANNAN DATES & TIMES:

DAY ONE 03/26 @ 8:15 P.M. EST: THE BRAIN BASICS IN LONG-TERM WEIGHT LOSS -

DAY TWO 03/27 @ 8:15 P.M. EST: HOW TO IDENTIFY WHY YOU ARE STUCK AND HOW YOUR THINKING IS THE CAUSE

DAY THREE 03/28 @ 8:15 P.M. EST: HOW TO PRACTICE BELIEVING NEW THINGS TO LOSE WEIGHT

DAY FOUR 03/29 @ 8:15 P.M. EST : HOW TO FIND SUCCESS & HOW IT HELPS YOU LOSE WEIGHT

DAY FIVE 3/30 @ 8:15 P.M. EST: SUCCESS TIPS TO GET OFF THE DIET ROLLER COASTER

3 SIMPLE DAILY ACTIONS TRACKER:

<u>3 Daily Actions</u>	SUN	MON	TUES	WED	THURS
Watch Short Teaching Video					
Do Daily Challenge					
Attend Daily Q&A w/ Shannan					

PRE-WORK

COMPLETE THIS BEFORE 03/26

WHY DID I JOIN THIS CHALLENGE?

WHAT IS MY COMMITMENT TO MYSELF ON
HOW I WILL SHOW UP FOR THE CHALLENGE?

- ☐ STARTING WEIGHT:
- ☐ TAKE A FULL LENGTH "BEFORE" PICTURE



DAY 1 – HOW TO BELIEVE NEW THINGS TO GET NEW RESULTS

BRAIN BASIC - THOUGHT DUMP

- ☐ **CHALLENGE:** POST IN THE FACEBOOK GROUP A DIET BELIEF THAT HAS KEPT YOU STUCK
- ☐ **ACTION STEP:** COME TO THE LIVE W/ SHANNAN @ 8:15PM EST

I was on the diet roller coaster for 38 years. I had tried every diet on the planet. Because I am a female in this country – *this was normal*.

I had created hundreds of thoughts, belief systems, and rules around:

- What I should or should not eat.
- What I should or should not weigh.
- How I should or should not look.
- How I should or should not move my body.

Understanding what your diet beliefs are is the first step; understanding what is keeping you stuck.

Brainstorm all the diets, gimmicks, exercise programs, pills, potions, and medical things you have tried to lose weight. Then write all the beliefs you have around losing weight:

NOTES FROM Q&A W/ SHANNAN

TRANSFORM BOSS WEIGHT LOSS

DAY 2- HOW YOUR HABIT THINKING HAS KEPT YOU ON THE DIET ROLLER COASTER

BRAIN BASIC - HABIT CYCLE

- ☐ **CHALLENGE:** POST IN THE FACEBOOK THE CRAZIEST DIET YOU HAVE BEEN ON
- ☐ **ACTION STEP:** COME TO THE LIVE W/ SHANNAN @ 8:15PM EST

Just because we have a thought does not make it true – One of the most life-changing things I have learned. We have a thought, it causes us to feel a certain way and then act, we do or don't do something.

We have old beliefs (*Habit Thinking*), and to do something different we have to think something different (*Boss Thinking*).

You have been on the diet roller coaster and struggling with your weight because of your thinking. You must become aware of your thoughts and start to believe new things to lose weight for the last time.

HABIT THOUGHT CYCLE:

THOUGHT: _____

FEELING: _____

ACT: _____

NOTES FROM Q&A W/ SHANNAN

TRANSFORM BOSS WEIGHT LOSS

DAY 3 – HOW TO PRACTICE BELIEVING NEW THINGS TO LOSE WEIGHT

BRAIN BASIC - THE BOSS CYCLE

- ☐ **CHALLENGE:** POST IN THE FACEBOOK GROUP THAT YOU ARE COMING TO THE LIVE W/SHANNAN. THIS IS WHERE WE PUT IT ALL TOGETHER.
- ☐ **ACTION STEP:** COME TO THE LIVE W/ SHANNAN @8:15PM EST & DO THE DAILY ACTION PAGE

Learning to believe new things produces different results. When you practice a new 1-better thought, you create different actions which lead to a new outcome. This is about doing something different. #DSD.

This is not positive affirmations and believing something that is so far from what you think today. It is identifying a 1-better thought and then practicing it throughout your day.

BOSS THINKING: 1-BETTER THOUGHT:

THOUGHT: _____

FEELING: _____

ACT: _____

DAY 3 – PUTTING IT ALL TOGETHER

THOUGHT CYCLE

HABIT

THOUGHT: _____

FEELING: _____

ACT: _____

BOSS

THOUGHT: _____

FEELING: _____

ACT: _____

HABIT

THOUGHT: _____

FEELING: _____

ACT: _____

BOSS

THOUGHT: _____

FEELING: _____

ACT: _____

NOTES FROM Q&A W/ SHANNAN

TRANSFORM BOSS WEIGHT LOSS

DAY 4 – FINDING SUCCESS

- ☐ **CHALLENGE:** POST IN THE FACEBOOK YES THAT YOU ARE GOING TO, AT ONE MEAL, LEAVE A BITE ON YOUR PLATE
- ☐ **ACTION STEP:** COME TO THE LIVE W/ SHANNAN @8:15PM EST & DO THE DAILY ACTION PAGE

You know what makes someone have success in weight loss vs. someone who does not?

The conversation they have with themselves after the mistake, overeat, failure. You have accepted that you can talk to yourselves like you don't matter, like you are not good enough.

Do you know how I know - because you are a woman.

We tolerate the way we talk to ourselves. We walk by a mirror - gross, ugly, fat, you just can't do anything right, dummy. We would not talk to anyone else like that, but we talk to ourselves like that all the time.

No beatdowns. That is a rule I made for myself. If Lizzy starts to serve up all the nonsense, I gently remind her that we don't do that and we don't believe that.

When I was losing my weight I thought I had to do all the things, I set these expectations and when I did not meet them I beat myself up. You will learn how to lose weight in small baby steps so you can get off the diet roller coaster for good.

I had to start looking for what I was doing right, my successes. When I focused on what was working, my success compounded.

NOTES FROM Q&A W/ SHANNAN

TRANSFORM BOSS WEIGHT LOSS

DAY 5 – SUCCESS TIPS

TONIGHT @ 8:15PM EST!

- ☐ **CHALLENGE:** POST IN THE FACEBOOK GROUP 1 TAKEAWAY FROM ALL THAT YOU LEARNED OVER THE LAST WEEK (USE #TRANSFORMBOSS IF YOU HAVE JOINED TRANSFORM)
- ☐ **ACTION STEP:** COME TO THE Q&A W/ SHANNAN @ 8:15PM EST & DO THE DAILY ACTION PAGE

I used to think that I needed motivation or willpower to lose weight, but it never worked. I have learned that learning how to take small steps, failing with purpose, and commitment was the way to lose weight for the last time.

I also needed support and community. I had done weight loss alone for most of my life. I was so ashamed at failing that I would keep my new “diet” to myself. I would not tell anyone. But to lose weight for the last time you need community, you need support and accountability.

What is your commitment to yourself?

How are you going to get support as you continue your journey?

Why is community important in your weight loss journey?

NOTES FROM Q&A W/ SHANNAN

TRANSFORM BOSS WEIGHT LOSS

WHAT'S NEXT?

HERE ARE SOME OTHER WAYS TO
GET HELP AND SUPPORT ON YOUR
TRANSFORMATION:

TRANSFORM BOSS WEIGHT LOSS

with *Shannan Christiansen*

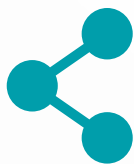
COACHING: HELPS YOU UNCOVER WHAT THOUGHTS AND BELIEFS HAVE BEEN HOLDING YOU BACK.

COMMUNITY: A COMMUNITY OF WOMEN WHO KNOW WHAT YOU ARE GOING THROUGH. WHO CAN SUPPORT, LOVE AND KEEP YOU ACCOUNTABLE.

COURSE WORK: THE COURSE MEETS YOU WHERE YOU ARE AT. THIS IS THE "HOW" TO LOSE WEIGHT FOR GOOD.

[JOINTRANSFORMBOSS.COM/ME](https://jointransformboss.com/me)

BONUSES EXPIRE 03/31



FOLLOW ME ON SOCIAL MEDIA

INSTAGRAM:

@SHANNANCHRISTIANSEN

FACEBOOK:

FACEBOOK.COM/BFLYCOACHING

YOUTUBE:

@SHANNANCHRISTIANSEN



LISTEN TO MY PODCAST

"WEIGHT LOSS FOR SUCCESSFUL WOMEN"

EACH WEEK WE'LL EXPLORE THE THOUGHTS AND FEELINGS THAT CONTRIBUTE TO THE STRUGGLES MANY SUCCESSFUL WOMEN HAVE WITH WEIGHT.

BFLYCOACHING.COM/PODCAST