



JUMPSTART YOUR WEIGHT LOSS 8 DAY PODCAST CHALLENGE

WEIGHT LOSS FOR SUCCESSFUL WOMEN PODCAST



YOU GOT THIS, LOVE!

Remember to check your email each morning for the daily podcast challenge. I'd also love to see photos of your progress. Post your photos or stories on Instagram using the hashtag #wlfswpodcastchallenge and tag my profile.

Shannan Christiansen

@SHANNANCHRISTIANSEN

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08 day

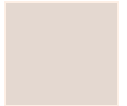
PODCAST CHALLENGE

This guide is to help you navigate and reflect through the 8 episodes that have been selected by Shannan from the Weight Loss for Successful Women Podcast. This challenge is designed to help you gain some of the same tips, tools and tricks that Shannan used to lose over 100 pounds and to live YOUR best life in a body that you LOVE! 🦋

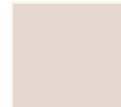
Day 01



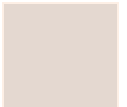
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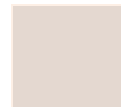
Day 02



Day 06



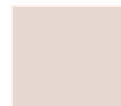
Day 03



Day 07



Day 04



Day 08



day 01

EPISODE 6: THE POWER OF PLANNING



We have been on restrictive diets that leave us binging or restricting. We keep going back over and over again. We try to lose weight by cutting out food groups or over exercising and this keeps us on the diet roller coaster.

When I was younger, I was a free spirit. I didn't want to plan things out, because I thought it would hold me back. This mentality did not help me when it came to the diet roller coaster, though – I would eat whatever crossed my path, and wound up eating way more than I wanted to.

I'm still that free spirit today, but I've realized that planning is actually a source of freedom, not an obstacle to it. Every day, I create a realistic plan for what I'm going to eat.

In this episode we will discuss the realistic plan, what it is and how to use it each day. This tool has helped me (and my clients!) free ourselves from the lizard brain and from the diet roller coaster, for good!

We'll discuss the power of planning and why impulsive eating is more likely to happen when we don't know what to expect from the day. You'll learn why it is so important that this plan be realistic (NOT a diet in disguise!) and how to keep it simple.

Listen to this podcast at bflycoaching.com/6 or if you have an iPhone here (Episode 6): <https://podcasts.apple.com/us/podcast/weight-loss-for-successful-women/id1482141042>

TRANSFORMATIONAL QUESTIONS / ACTIONS:

What lizard thoughts came up when you started to think about making your realistic eating plan every day?

Why will this be easy?

What are your takeaways? What is your commitment to the Realistic Plan?

In the past 7 days, what have you eaten? Write it down, all of it (no shame here). This will help you to know what you repeatedly eat and help you make your plan.

Write out your Realistic Plan for tomorrow on the following page.

REALISTIC PLAN

BREAKFAST: _____

LUNCH: _____

DINNER: _____

SNACK: _____

SNACK: _____

FUEL FOOD/HUNGER

	PICK A MEAL	FUEL	NON-FUEL	AM I HUNGRY?	HOW IS MY BODY FEELING RIGHT NOW?
FOOD ITEMS	_____	<input type="radio"/>	<input type="radio"/>	_____	_____

SLEEP AND WATER

WATER -

GOAL TODAY:

HOW MUCH
YESTERDAY?:

SLEEP -

GOAL TODAY:

HOW MUCH
YESTERDAY?:

AM I EATING PAST FULL?:

MY COMMITMENT TO MYSELF:

MY WHY:

day 02

EPISODE 9: BECOMING THE SCIENTIST OF YOUR OWN BODY



In this episode I'm sharing how truly learning how food feels in my body has changed my life completely and I want to show you how you can start doing this for yourself too.

Different foods feel different to each of us, and one thing that works for one person won't necessarily work for you too. Becoming the scientist of your body and tuning into your body signals is key, and I've got some tips for you on how you can start doing this.

I'm giving you permission today to listen to your own body. We can stop listening to others or asking people who we think are experts on what we should be eating, and this could be the thing that alters your diet journey forever.

Listen at bflycoaching.com/9 or if you have an iPhone here (Episode 9):
<https://podcasts.apple.com/us/podcast/weight-loss-for-successful-women/id1482141042>

TRANSFORMATIONAL QUESTIONS / ACTIONS:

What beliefs do you have around healthy and unhealthy food?

What would you have to think to start becoming the scientist of your own body?

For your next meal, set aside time to sit down, eat slowly so that you can pay attention to how your food makes you feel 10 minutes later, and 30 minutes later. What do you notice?

Use this scale:

1 - TIRED

2 - NEUTRAL/SATISFIED

3 - ENERGIZED / SATIATED

Food:	How did I feel 10 min after I ate it:	How did I feel 30 min after I ate it:	Was this fuel or non-fuel?
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day 03[🦋]

EPISODE 11: TWO SIMPLE TOOLS FOR WEIGHT LOSS



Being on the diet roller coaster can lead us to look for some extreme solutions, right, ladies? Magical pills or shakes that seem to be the answer aren't, and they just make us want to throw in the towel even more when they don't work.

In today's challenge, it is all about the basics of your body. These 2 tools are free and are imperative to weight loss. We overlook the value of these tools and how they can help you or stop you from losing weight.

Can you guess what these two tools are?

Listen at bflycoaching.com/11 or if you have an iPhone here (Episode 11):
<https://podcasts.apple.com/us/podcast/weight-loss-for-successful-women/id1482141042>

TRANSFORMATIONAL QUESTIONS / ACTIONS:

How much actual water are you getting each day? Do you need to increase it?

A Success Tip I have for you is to make drinking water easy for you. (Example: Fill your water bottle and leave it on the nightstand so it's ready first thing in the am.)
How can you make drinking water easy for you?

What does your nighttime routine look like? Is there something that you could modify to improve the amount and or quality of sleep you're getting?

How is your sleep environment? Are you doing everything to ensure you're getting a restful night of sleep?

If you find that your mind is racing at night full of your to-do list or maybe something you are worrying about, take a moment and write it all down here. It makes such a difference when you stop trying to keep it all in your head and get it out on paper.

day 04[🦋]

EPISODE 19: STOP JOURNALING START REFLECTING



To lose weight for the last time and get off the diet roller coaster you must change your mindset. You must become aware of your “diet thinking” and then start to believe new things. If you keep believing the same things, you will keep getting the same results.

One thing we always hear in the self-help sphere is how useful journaling can be. However, if you're anything like me, keeping a traditional journal every day on a consistent basis can be pretty tricky. I've started journaling so many times, but it always fizzles out in a couple of days. That is, until I started doing my reflection work.

In today's episode, I teach you a simple 3-minute practice where you can start to become aware of your “diet thinking” and thoughts that are keeping you stuck. Changing your mindset is the most important part of losing weight for the last time.

Listen at bflycoaching.com/19 or if you have an iPhone here (Episode 19): <https://podcasts.apple.com/us/podcast/weight-loss-for-successful-women/id1482141042>

TRANSFORMATIONAL QUESTIONS / ACTIONS:

How is reflection work different than traditional journaling?

What data do I want to capture in my daily reflection work?

How can I use this data to begin to coach myself?

What triggers showed up yesterday?

What actions did I take?

What did I make it mean about me?

TRANSFORMATIONAL QUESTIONS / ACTIONS:

What do I want to do?

Can I change any of it?

What can I control?

What did I learn from yesterday?

What do I want to do differently today?

day 05[🦋]

EPISODE 105: HOW TO BELIEVE NEW THINGS



This is part two of day 4. We have thoughts like – “Weight Loss will always be my struggle, I can’t maintain weight loss, Weight loss is hard, I am big boned, my family is heavy so I am just meant to be this way”

And these thoughts come in many forms. They are sneaky and keep us stuck on the perpetual diet roller coaster, hating our bodies, and searching for the next “new” thing to lose weight.

I am going to meet you right where you are at. I am going to teach you how to stop fearing food and lose weight where you meet yourself where you are at. I am going to teach you how to lose weight with love and allowance, instead of punishment and restriction.

We are going to stop this diet trauma – and I need to be perfect.

I am going to teach you in today’s episode a tool that changed everything for me and will help you too – Do not miss this episode.

Listen at bflycoaching.com/105 or if you have an iPhone here (Episode 105):
<https://podcasts.apple.com/us/podcast/weight-loss-for-successful-women/id1482141042>

TRANSFORMATIONAL QUESTIONS / ACTIONS:

What are your limiting beliefs/thoughts?

Do a thought dump. Don't put pressure on writing the write thing, it doesn't have to make sense. Just write what comes to your mind.

Pick one thought to do a OW and then a BFLY TFA cycle on.

OW -

T:

F:

A:

BFLY -

T:

F:

A:

day 06

EPISODE 106: HOW TO BREAK UP WITH DIETING



Are you ready to break up with dieting?
I was. I wanted to get off the diet roller coaster for good.

In this episode, I teach you the next level of the realistic plan over time and break up with dieting – for good! Making sure it is Realistic and not Idealistic.

Join me in this episode as I dive deep into how you can up-level your Realistic Plan and lose the fear of food.

Dieting, thinking I had to exercise all the time – it kept me overweight.
This simple tool is the tool to freedom.

The tool that will help you break free from:

- Obsessing about food and what to eat
- Start allowing food and drop the fear of food
- Uncover diet beliefs that are keeping you overeating

Listen at bflycoaching.com/106 or if you have an iPhone here (Episode 106):
<https://podcasts.apple.com/us/podcast/weight-loss-for-successful-women/id1482141042>

TRANSFORMATIONAL QUESTIONS / ACTIONS:

What have you been told / taught about food that has stuck with you all these years?

What do you make those thoughts mean about you?

What was your biggest aha from this episode? Maybe something you didn't know or something you want to apply.

Make a Realistic Plan – Meet yourself where you are, no restriction.

Watch your brain and see what comes up, what beliefs or fears do you have around food.

Give yourself some kindness and grace. No beating yourself up.

What thought do you want to begin to practice about food?

day 07[🦋]

EPISODE 107: WHAT TO EAT AND HOW TO RECONNECT WITH YOUR BODY



We have been told what to eat, when to eat – but your body knows what it needs. Take your power back. Our bodies are all different – just like our fingerprints. What fuels me may not feel good in your body.

When I was losing weight for the last time, I had to start reconnecting with my body. I had been at war with it for so long. I ignored my internal signals and pushed them down with cupcakes. I had no idea when I was physically hungry or when I was full Until it was too late.

Today, I am going to teach you “2 simple questions” that will help you stop overeating and start reconnecting with your body.

I will show you all the clues to recognize true hunger, what does hunger feel like in your body, and signs you are full. How to reconnect to your body.

Listen at bflycoaching.com/107 or if you have an iPhone here (Episode 107):
<https://podcasts.apple.com/us/podcast/weight-loss-for-successful-women/id1482141042>

TRANSFORMATIONAL QUESTIONS / ACTIONS:

Pick a meal. Slow down, pay attention.
Just ask yourself, "How am I feeling?" Write it down.

What thoughts came up for you as you were doing this?

Did you notice any foods that are considered "healthy"
that didn't feel like fuel in your body?

When you feel hunger or think of being hungry, does it
generate fear for you? Why?

What would happen if you allowed yourself to feel
hunger?

What does hunger feel like in your body?

What does it feel like to be satiated or full for you? What
cues does your body give you when you're full?

How do you want to be intentional about allowing
yourself to feel both hunger and feel satiated?

day 08

EPISODE 108: WHAT WE UNDERESTIMATE IN WEIGHT LOSS



In day 3, I taught you how sleep and water are so important in your weight loss journey. Being tired and dehydrated can be triggers to overeat – they make weight loss feel hard.

Our bodies are amazing – we as humans have evolved into these amazing beings.

But as time as gone on – we are busy, we overlook how important some of the basics are to our bodies.

Today, I am going to teach you another body basic. This is another simple free tool that we overlook.

Are you ready to come into awareness and out of survival mode?

Listen at bflycoaching.com/108 or if you have an iPhone here (Episode 108):
<https://podcasts.apple.com/us/podcast/weight-loss-for-successful-women/id1482141042>

TRANSFORMATIONAL QUESTIONS / ACTIONS:

How can you remind yourself to take a moment and
breathe?

Remember it just takes a couple minutes to sit and
breathe. No need to go to a full Yoga or medication class.
How do you feel after taking some deep breaths?

Why do you want to do it?

What are ways that you buffer to avoid feelings or
thoughts you're having?

Do you have triggers that you can become aware of that
lead you to buffer?

When you feel disconnected from your body, what does
that lead you to do?

How does your body feel when you have gotten adequate
sleep and water vs when you are lacking in those basics?

TRANSFORMATIONAL QUESTIONS / ACTIONS:

Go back and listen to episode 11. Take down any notes or
aha's here:

No matter how many days you did this challenge or how
you showed up, feel proud of you. You can go back and
listen to these episodes over and over again.

No perfectionism needed. This is your journey, and you
are in control of it.

Every Wednesday a New Episode of the Podcast is
released, Subscribe so it is always in your library.

Want more - Go to bflycoaching.com/join to learn more
about Transform Boss Weight Loss.