

# TRANSFORM BOSS 7-DAY CHALLENGE

JUMPSTART THE SUMMER WITH  
TRANSFORM BOSS WEIGHT LOSS



WITH SHANNAN CHRISTIANSEN



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# Shannan Christiansen

CERTIFIED  
LIFE COACH



## MY STORY

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

- Shannan

# WELCOME TO THE TBOSS CHALLENGE

| 3 Daily Actions                | SUN. | MON. | TUE. | WED. | THU. | FRI. | SAT. |
|--------------------------------|------|------|------|------|------|------|------|
| Watch Daily Video              |      |      |      |      |      |      |      |
| Do Daily Challenge             |      |      |      |      |      |      |      |
| Attend Daily Live<br>w/Shannan |      |      |      |      |      |      |      |

## WHAT TO DO:

#1 - Watch the Daily Challenge Video - It will come in email or go to [bflycoaching.com/transform](http://bflycoaching.com/transform) to watch it.

#2 - Complete the Daily Challenge - You will find in this workbook, in the daily challenge email, or in the Facebook Group. Then Post in the Private Facebook Group you did it.

#3 Attend the Daily Live w/Shannan - Shannan will teach, coach, and answer questions, you do not want to miss these! The link will be in your email and on [bflycoaching.com/transform](http://bflycoaching.com/transform)

## LIVES W/SHANNAN DATES & TIMES:

**Sunday 07/10** - 11am EST/10am CST/9am MST/8am PST

**Monday 07/11 - Thursday 7/14** 8pm EST/7pm CST/6pm MST/5pm PST

**Friday 07/15 & Saturday 07/16** 11am EST/10am CST/9am MST/8am PST

[bflycoaching.com/transform](http://bflycoaching.com/transform)

# TRANSFORM CHALLENGE

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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!**



# PREWORK

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COMPLETE THIS BEFORE 07/10

WHY DID I JOIN THIS CHALLENGE?

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

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

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PICK 1 DAY AND JUST WRITE EVERYTHING YOU HAVE EATEN FOR THE DAY.  
NO CALORIES, POINTS, OR SERVING SIZE.  
NO JUDGEMENT.

|           |       |
|-----------|-------|
| BREAKFAST | <hr/> |
| LUNCH     | <hr/> |
| DINNER    | <hr/> |
| SNACK     | <hr/> |
| SNACK     | <hr/> |
| SNACK     | <hr/> |



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

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☐ **CHALLENGE:** POST IN THE FACEBOOK GROUP A DIET BELIEF THAT HAS KEPT YOU STUCK

☐ **ACTION STEP:** COME TO THE LIVE W/ SHANNAN

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 on. Then write all the beliefs you have around losing weight:

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

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## FUNDAMENTAL #1 - REFLECTION

**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 Thinking:**

THOUGHT: \_\_\_\_\_

FEELING: \_\_\_\_\_

ACT: \_\_\_\_\_

### **BOSS Thinking: 1-Better Thought**

THOUGHT: \_\_\_\_\_

FEELING: \_\_\_\_\_

ACT: \_\_\_\_\_





# REFLECTION - THOUGHT DUMP

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# NOTES FROM LIVE W/ SHANNAN

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# DAY 2 – 2 SIMPLE BASICS TO LOSE WEIGHT FOR THE LAST TIME

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- ☐ CHALLENGE: POST IN THE FACEBOOK GROUP HOW LONG YOU HAVE BEEN ON THE DIET ROLLER COASTER
- ☐ ACTION STEP: COME TO THE LIVE W/ SHANNAN & DO A THOUGHT DUMP(BACK PAGES)

We have diet brain. We have looked outside of us to lose weight. We don't know when we are hungry or full. We don't know how our brain is wired, so we think we are broken. You are not broken.

We have been told what to eat, when to eat, how much to eat and we are still overweight. Sit with that. Really understand that, because it has never been about the food, and no one can tell you what your body needs for fuel. We are all so different, we need different food for fuel.

Many of us are emotional eaters. When we are triggered we eat, when we feel bad we eat, when we feel good we eat. Learning the difference between emotional hunger and physical hunger is critical in weight loss. It starts with awareness of your body. You must pay attention to how food feels in your body and the sensations of hunger and fullness.

## 2 BASICS:

#1. Realistic Plan   #2. Fuel Food /Hunger



# NOTES FROM LIVE W/ SHANNAN

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# DAILY ACTION

## REALISTIC PLAN

REALISTIC OR IDEALISTIC?

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<br>_____ | <input type="radio"/> | <input type="radio"/> | _____        | _____                             |

## REFLECTION

### HABIT

THOUGHT: \_\_\_\_\_

FEELING: \_\_\_\_\_

ACT: \_\_\_\_\_

### BOSS

THOUGHT: \_\_\_\_\_

FEELING: \_\_\_\_\_

ACT: \_\_\_\_\_



# DAY 3 -

## NEW BELIEFS TO GET NEW RESULTS

### PART 2

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- ☐ CHALLENGE: POST IN THE FACEBOOK GROUP ONE GOAL YOU HAVE FOR YOURSELF OVER THE NEXT 3 MONTHS TO JUMPSTART YOUR SUMMER LIKE A BOSS
- ☐ ACTION STEP: COME TO THE LIVE W/ SHANNAN & DO THE DAILY ACTION PAGE

To do something different you must start believing something different.  
You decide what you want to believe.  
Then Practice it over and over again.

## NOTES FROM LIVE W/ SHANNAN



# DAILY ACTION

## REALISTIC PLAN

REALISTIC OR IDEALISTIC?

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<br>_____ | <input type="radio"/> | <input type="radio"/> | _____        | _____                             |

## REFLECTION

### HABIT

THOUGHT: \_\_\_\_\_

FEELING: \_\_\_\_\_

ACT: \_\_\_\_\_

### BOSS

THOUGHT: \_\_\_\_\_

FEELING: \_\_\_\_\_

ACT: \_\_\_\_\_





# DAY 4– BASICS PART II

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- ☐ CHALLENGE: POST IN THE FACEBOOK GROUP A 1-BETTER THOUGHT YOU WANT TO PRACTICE
- ☐ ACTION STEP: COME TO THE LIVE W/ SHANNAN & DO THE DAILY ACTION PAGE

Perfectionism is a lie.

When we think we have to be perfect we don't do anything. The biggest factors in "not taking action" is perfectionism.

How does perfectionism show up for you?

How can you re-think imperfect work?

How will you set yourself up for Success & Failure?

## NOTES FROM LIVE W/ SHANNAN



# DAILY ACTION

## REALISTIC PLAN

REALISTIC OR IDEALISTIC?

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"/> | _____        | _____                             |

## REFLECTION

### HABIT

THOUGHT: \_\_\_\_\_

FEELING: \_\_\_\_\_

ACT: \_\_\_\_\_

### BOSS

THOUGHT: \_\_\_\_\_

FEELING: \_\_\_\_\_

ACT: \_\_\_\_\_



# DAY 5 – HOW TO CHANGE THE CONVERSATION WITH YOURSELF AND & HOW SABOTAGE SHOWS UP IN WEIGHT LOSS

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- ☐ CHALLENGE: POST IN THE FACEBOOK GROUP 1 SUCCESS YOU HAVE HAD THIS WEEK
- ☐ ACTION STEP: COME TO THE LIVE W/ SHANNAN & 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. We have accepted that we can talk to ourselves like we don't matter, like we are not good enough.

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 started 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 sabotaged my success hundreds of times. I would get into "nederland" and slowly start overeating, slowly my weight would creep back on.

Every human sabotages their success. I am going to teach you how to recognize when you are sabotaging - Your Triggers and then how to make the next best decision for yourself.



# NOTES FROM LIVE W/ SHANNAN

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# DAILY ACTION

## REALISTIC PLAN

REALISTIC OR IDEALISTIC?

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<br>_____ | <input type="radio"/> | <input type="radio"/> | _____        | _____                             |

## REFLECTION

### HABIT

THOUGHT: \_\_\_\_\_

FEELING: \_\_\_\_\_

ACT: \_\_\_\_\_

### BOSS

THOUGHT: \_\_\_\_\_

FEELING: \_\_\_\_\_

ACT: \_\_\_\_\_



# DAY 6- HOW TO START AND KEEP TAKING ACTION SO YOU DON'T QUIT

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☐ CHALLENGE: POST IN THE FACEBOOK GROUP WHY YOU WANT TO LOSE WEIGHT FOR THE LAST TIME

☐ ACTION STEP: COME TO THE LIVE W/ SHANNAN & DO THE DAILY ACTION PAGE

We have done the same thing over and over again. We have gone back to the same “diet plan,” tried the same program over and over again. We keep telling ourselves that this time will be different, that we will be able to do it.

We want to be perfect. We just want the weight off. But we get stuck. We learn things but then we don't take action.

We quit or we don't even start. First step is to know how quitting looks like for you and what you get out of it. The second step is to learn about the types of Action you need to lose weight for the last time.

What does quitting look like for you?

What do you get out of quitting?

## **Types of Action:**

In-Action:

Passive Action:

Consistent Action:

Massive Action:



# NOTES FROM LIVE W/ SHANNAN

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What actions are you going to take?

What are your minimum baselines?





# DAILY ACTION

## REALISTIC PLAN

REALISTIC OR IDEALISTIC?

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"/> | _____        | _____                             |

## REFLECTION

### HABIT

THOUGHT: \_\_\_\_\_

FEELING: \_\_\_\_\_

ACT: \_\_\_\_\_

### BOSS

THOUGHT: \_\_\_\_\_

FEELING: \_\_\_\_\_

ACT: \_\_\_\_\_



# DAY 7- EXACTLY WHAT TO DO NEXT TO KEEP GOING AND JUMPSTART THE SUMMER LIKE A BOSS!

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- ☐ 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 LIVE W/ SHANNAN & DO THE DAILY ACTION PAGE

I used to think that I needed motivation or will power 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 LIVE W/ SHANNAN

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# DAILY ACTION

## REALISTIC PLAN

REALISTIC OR IDEALISTIC?

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<br>_____ | <input type="radio"/> | <input type="radio"/> | _____        | _____                             |

## REFLECTION

### HABIT

THOUGHT: \_\_\_\_\_

FEELING: \_\_\_\_\_

ACT: \_\_\_\_\_

### BOSS

THOUGHT: \_\_\_\_\_

FEELING: \_\_\_\_\_

ACT: \_\_\_\_\_



# WHAT'S NEXT?

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

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## 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 IS A 4-STAGE PROCESS THAT MEETS YOU WHERE YOU ARE AT. THIS IS THE "HOW" TO LOSE WEIGHT FOR GOOD.

**JOINTRANSFORMBOSS.COM**

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### FOLLOW ME ON SOCIAL MEDIA

**INSTAGRAM:**

@SHANNANCHRISTIENSEN

**FACEBOOK:**

FACEBOOK.COM/BFLYCOACHING



### 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**

# REFLECTION - THOUGHT DUMP

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