

# Living The *Click*

Discover  
Your 8 Steps to  
Weight Loss  
Success



**Sharon Odom**



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# Living the Click

First of all, what exactly is “The Click”? I'll put it this way. Have you ever felt like you had reached the end of your rope, and that **something** had to change in your life?

There are many terms for it – the moment, the last straw, rock bottom, paradigm shift, wake-up call, epiphany, pain point, dog on the tack – but they all refer to **a *defining moment*** that makes you realize that you are DONE. Finished.

Something happens. Something in your psyche shifts and changes, and you finally decide to do something about whatever it is that's holding you back. This is *not* just about weight loss. The click can be a metaphor for anything that you need to change in your life.

When you reach the point where you are no longer willing to tolerate the way you are living, you have no choice but to change your life. Something has to change, and *it begins in your mind*. That's the essence of the click.

I experienced the click on January 15<sup>th</sup> 2016, the one year anniversary of my mother's death. Already overweight when she died on January 15<sup>th</sup>, I gained even more weight during 2015, and wrestled with feelings of depression, guilt and frustration. How had I ended up divorced and overweight at 60, with teenaged triplets to raise? Months went by, and I got fatter and even more depressed.

Something had to change. As we gathered around Mom's grave that day, I could almost hear her talking to me, telling me to get my ass in gear, that my children needed me to snap out of it. I felt so embarrassed and ashamed. I knew she would not be happy with me, and felt terrible about letting her down. With tears running down my face, I whispered, “Ok Mom, I hear you.” It felt so real, it was almost palpable ... like the flipping of a switch. It was time to reboot my life.

And that was it. From that moment on, I was **on a mission** to do whatever it took to get my life back on track. And that had to start with shedding the pounds that were weighing me down in mind, body and spirit.

For years I had struggled with my weight, yo-yoing up and down the scale. I went on diet after diet,

and would lose 20-30 pounds, only to put it all back on. Successes were short lived, and the lost weight would always find its way back to me. I couldn't seem to manage long term weight loss, and it frustrated me to no end.

After getting married in 1995 and having **triplets** in 1997, the struggle continued. My weight hovered near the 200 pound mark for years.

Then in 2006, I discovered the treadmill desk. Finally, an easy way to exercise at home! I promptly lost 50 pounds, and thought I'd solved my weight loss problems forever.

Wrong. A series of devastating setbacks left me overweight yet again, this time without my mother's calm voice of reason and loving support.

Which brings me to that cold January day in 2016, when I made the decision to change my life. I didn't have a name for it yet, but just knew that it was time to reinvent myself, create a new vision for my life and for the lives of my children. I knew that I could not help them if I didn't first help myself. And that had to start with losing the weight, and **most importantly, keeping it off.**

I decided to start my transformation on February 1, 2016, which gave me 2 weeks to prepare myself for the monumental task at hand. I knew how to lose weight, and had done so many times. No, the big question was, how would I do what I'd never been able to do before – **keep the weight off for more than a few weeks?**

That's the story behind my book "[The Click: How I Was Able to Lose 90 Pounds and Finally Find Fitness... After 60](http://www.SharonOdom.com)". Visit [www.SharonOdom.com](http://www.SharonOdom.com) for more details.

## It All Begins In Your Mind

As I look back on how I started living "in the zone", there are some concepts that I had to master *before* my weight loss journey even began. These are all related to MINDSET – and that's where weight loss begins, in your mind.

You cannot begin this journey until you're ready. REALLY ready, not half assed "I'll try and see what happens" ready. No, you have to KNOW. You must have that inner knowing, inner seeing, YOU at your ideal weight. The "nothing but death can keep you from it" type of vision. I finally had that.

But here's the biggest thing: *you must recognize the dirty truth about losing weight and keeping it off ... that when you get "there", you have to keep doing what you did to get there. That had never sunk in before, but I finally got it.*

Once you get that, there is more mental and emotional housekeeping to do.

## ***Forgive Yourself***

First and foremost, you must forgive yourself for whatever you did to bring yourself to this point in your life. The past is over and done with, there is no rewind button, and it's pointless to allow it to cripple your present. We are all on a one way street, going forward, not back. There's no use looking in the rearview mirror. It will get you exactly nowhere.

This was very tough for me. Like many women, I tended to ruminate and dwell over past mistakes, like if I concentrated hard enough I could go back and fix things. How dumb is that? Yet we do it all the time.

Let it go. Move forward. As long as you're drawing breath, there's always hope for a better future. Review your past successes and failures. Take what you can learn from them, and put the rest behind you.

I forgave myself for everything I had ever done to hurt myself or those I love, whether it was done consciously or subconsciously. I had already beat myself up about it plenty along the way, every time I looked in the mirror.

All past sins, errors, and omissions were forgiven. In my mind, this was truly a fresh start. All I felt on February 1<sup>st</sup> was resolve and gratitude for the opportunity to live life to the fullest. It certainly wasn't happening at 222.5 pounds.

## ***Know Yourself***

Here's where life experience comes into play. If you're lucky enough to be over 40, you've done a fair amount of living, and hopefully learned some lessons along the way. There's a wealth of information to be gleaned from your past experiences, if you'll allow yourself to look at them in an analytical way. Not by wallowing. Not with regret. More like, what can I learn from this? What was the lesson in that?

I started my quest to lose weight by reviewing past “dieting” experiences. What had worked well? What hadn't worked so well? I realized that being told what to eat, how much to eat, and when to eat it simply did not work for me. Any way of eating that did not include my favorite foods – whatever they happened to be at the moment – was destined to fail.

Sure, I could do anything for a short period of time, and had lost weight many times over the years by dieting. Here's the problem: eventually I'd grow tired of being deprived and give in to my culinary desires. This led to feelings of failure, and my all or nothing mindset did the rest – I'm a failure, I may as well eat. Typical yo-yo dieter.

It finally dawned on me that I had to stop going on “diets” and find a lifestyle that I could follow... for life. Otherwise any weight loss would be temporary at best. The word “diet” took on a whole new meaning for me. It was no longer a verb, something to *do*. Instead it became the noun – whatever I ate and drank. Not something to start and stop, but simply everything I consumed.

This was a HUGE breakthrough. It got me off the diet rollercoaster, and forced me to think long-term instead of having a temporary mindset. Now I just had to figure out how to live so that I lost weight but didn't feel deprived. I had to create a lifestyle that I could follow ... for life.

Now, maybe my approach won't work for you. The thing is, *something* will work, you just have to find it. Knowing yourself is an important step in figuring out what the best course of action is for you going forward. Whether that means a commercial weight loss program, keto, paleo, low carb ... whatever works for you **long term** is the way you should go. Short term thinking results in temporary weight loss.

## ***Be Grateful***

Finally, a central theme in my life was **gratitude**.

Grateful to have had my mother for as long as I did.

Grateful to my sister Harri for taking care of Mom while I dealt with the crap going on in my life.

Grateful to my ex-husband Mark for stepping up and doing what he could to keep us going.

Grateful to all of my children for growing up to be good, responsible young adults.

Grateful to God for giving me a second chance. I looked at every day as a chance to start anew.

I didn't have a name for it yet, I just knew that it was time to reinvent myself, create a new vision for my life and for my children. I could not help them if I didn't first help myself.

## **Your Steps to Weight Loss Success**

Once you have the correct mindset, you are halfway there. All change begins in the mind. Once you go there in your mind, you'll go there in real life.

This is especially true for weight loss. You must have an inner seeing, inner knowing that trumps everything you see in the mirror.

Weight loss happens slowly. You didn't gain it overnight and can't lose it overnight, at least not in a healthy way. That's why it's so important that you find a way to lose it that doesn't make you feel deprived. You **must** be able to enjoy your life while losing weight, otherwise it's a long hard slog that leaves you feeling hungry and miserable.



Part I of “The Click” is about mindset and how I experienced “the click”.

Part II of “The Click” is my weight loss journey – a month by month account of how I went from 222.5 to 148 pounds over a period of 12 months, a loss of 74.5 pounds. Then how lifting weights caused me to lose 15.5 more pounds. It's more detailed in the beginning, then tapers off as it became a way of life and the weight came off slower. From that evolved...

Part III of “The Click” – Your 8 steps to weight loss success, as follows...

### **Step #1: Understand Weight Loss Basics**

First we briefly review the basics, so that we're on the same page going forward. We start with BMI, then discuss calories and their role in losing or gaining weight. We also discuss how to create a lifestyle that you can follow indefinitely, because that's pretty much the only way to keep the weight off for good.

### **Step #2: Know Your Why**

Why do you want to lose weight? No, really... why? To look better, feel better, live longer, attract a mate, get a job, be around for your children? Why?

What's your driving motivation to really lose weight this time and keep it off, no matter how many times you've failed in the past? What's your why?

Write down all the reasons you hate being obese. Be honest. Regardless of anything you might read about body acceptance and being fat positive, being overweight is a serious threat to your health. It's not *if*, but *when* it will catch up with you.

Once you face up to this and decide to change your life no matter what, this is the “click”. It's your new mindset, which you'll use to reach your goal this time. Even if you've never been able to do it before.

### **Step #3: Set Your Goals**

Ok, your mindset is right. You've experienced “the click” and you're really, really ready to do this.

You've figured out the right weight range for your age, sex and height.

Based on that and your personal preference, what is the right weight for you? The weight charts and BMI calculations give you a range, but it's up to you to decide what you want to weigh. Maybe you're not sure at first – choose a range.

Goals can change as you get closer to the ideal you, especially if you throw in some weight

training. I initially chose 148 as my ideal weight, and never imagined that 131 to 136 would ever be MY weight range! Are you serious?

Start down the road and see where it leads you...just start.

Put your goals in writing. And be realistic, don't set yourself up for failure. Take frequent status photos and body measurements.

### **Step #4: Make Your Food Plan**

You know what you want to weigh.

You know that this is a lifestyle you're embarking upon. Not a diet that you're going to go on, then off. This is *for life*.

To that end, plan on losing 1-2 pounds a week until you get to your goal. Some weeks it may be less, or even more, but that's a realistic target to aim for. It's totally doable if you **stay conscious** and **hold yourself accountable**.

The first decision you have to make is, are you going to follow a “diet” or create your own plan. Whether you choose a diet or create your own, you need to **make a plan** for how you're going to lose weight and keep it off. You need a plan to lose weight, but it doesn't have to be complicated. A few simple rules will do. Your job is to figure out what will work for *you* – what food and exercise plan you can happily follow *for the rest of your life*?

### **Step #5: Embrace Exercise**

Alright, here we go. Let's get this out of the way. If you want to lose weight and feel great doing it, you're going to have to embrace exercise. Sorry if that's not what you want to hear, but it's the truth. You must embrace exercise or it's going to be a long hard road to fitness.

Sorry, but there's no way to sugarcoat it. If you want to lose weight without exercising, be prepared to eat very little and feel deprived.

Although it's possible to lose weight without exercising, it will take a lot longer to reach your goal. Sure you can lose weight but you're going to be hungry, flabby and irritable.

Plus, exercise will help you look and feel better along the way. Also, time spent exercising is time you're not eating! And there's something about exercising that makes you want to eat healthy.

### **Step #6: Be Accountable**

Once you make the decision to change your life, you must find a way to hold yourself accountable.



If you can do it on your own, great, but you have to know yourself well enough to know if that's realistic. That's where the “know yourself” comes into play. There's no shame in asking for help. Indeed it's a wise person who realizes they need help and asks for it. If that means getting a coach or joining an online group, so be it.

Do whatever you must to make changes in your life, even if it means going outside your comfort zone. The good thing is, there is a wealth of tools available in just a few clicks – every type of support you could imagine is out there, yours for the taking. Much of it is free.

In my case, my conviction was so strong that being accountable solely to myself was plenty. I'd promised my mother, even though she wasn't alive to witness it. And I'd promised myself. That was enough. But sometimes you need support. If you're going it alone, not to worry – there are plenty of resources for you. Trust me, you will NOT be alone on this journey unless you choose to be.

And when it comes to weight loss, you won't find a larger group (pardon the pun) of people who are in the same boat as you. If you want to be held accountable for your fitness goals, you have plenty of options. But if all else fails, you'll have to rely on the one person you can really count on – yourself. You made a pact with yourself. Lie to others if you must but not to yourself.

You are accountable first and foremost ... to you. That's what matters. Figure out your accountability system. Even if it's just to yourself.

If weight loss is your goal, the steps have been laid out for you. All the information you need is at your fingertips. All you have to do is... start. Pick a day, hop aboard, and get going.

But remember, you're not on your own. There are tons of people ready to support you on this journey because they are going through it too. Seek and ye shall find. MyFitnessPal, Fitbit, Instagram, Facebook, it's all right there at your fingertips – all the support you could ever need, for weight loss or whatever you want to achieve.

## ***Step #7: Stay Motivated***

Remember what I said about weight loss being more mental than physical? Here's where that comes into play.

**Weight loss begins in your mind.** When you finally experience “the click” that inspired the title of this book, something happens inside that makes it possible for you to do what you were unable to do before. No matter how many times you've tried.

This is why knowing your “why” is so important. *Why* do you want to lose weight in the first place? How important it is to you? What you're willing to give up to get it? You have to be *absolutely clear* in

your mind about all of these things.

Above all, you must have a vision of yourself at your goal weight. If you have an actual picture of yourself at your ideal weight (like my “girl on the fence” picture), by all means post it on your refrigerator.

Or create a **vision board** of what your life will look at at your goal weight and put it there.

When the going gets tough, you'll need to be able to dig down deep, draw on your inner reserves, and hold onto that picture of yourself at a healthy weight.

That **inner seeing**, *inner knowing*, that vision of your life in your new body --- those are the things that will get you through any setback or weight loss plateau.

### ***Step #8: Maintain, Don't Gain***

Maintenance is a 4 letter word. Pick your 4 letter word.

This is where most weight loss stories hit the skids. Why? Because it's so damn hard! Ask me how I know this...

You can do anything for a short period of time, which is about how long most “diets” last. As soon as they're over, the weight returns.

This is the cycle you have to break ... now. This is what “**The Click**” is all about.

It's when you realize that *this is it*. **This is your new lifestyle**, and you embrace it. You decide to forever change the way you eat and exercise. And you must, or else the old you will return. For sure.

I remember all too well how it feels to be big and wear size 2XL. And the bigger I got, the more invisible I felt. It wasn't all that long ago, so the memory is still fresh. Not to mention all those embarrassing “before” pics.

That's a feeling I NEVER want to have again.

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That's it – that's how I lost 90 pounds and finally found fitness ... after 60.

I *love* my life now. Is it perfect? No. All of your problems won't magically disappear just because you lose weight. Life doesn't suddenly become a bed of roses. That's a fallacy that many overweight people believe. That all their problems will melt away with the fat. It doesn't work that way.

Being overweight is a great excuse for being unhappy. But what happens when the fat is gone? Now what's your excuse for not accomplishing everything you want to do with your life? That's when you have to confront the underlying problems, all of the crap in your life that you blamed on being

overweight.

Whatever problems you have at 225 pounds will likely still await you at 135 pounds. But being overweight won't be one of them. There are a whole lot of good reasons to be happy about this, but at the end of it all, you're still left with ... you.

This sucks. You go through hell and back to lose the weight, only to find out that fat was only part of the problem. Now you have to deal with the rest of it. Don't be surprised when this happens.

But it's still worth it to lose the weight, if for no other reason than you'll feel better, look better, and stand a better chance of being around to experience all the other joys that life has in store for you. You'll also have a heightened sense of self-belief. Remember, you lost all that weight. If you can do that, you can do anything.

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There you have it, your quickstart guide to living “The Click”. If you want the detailed version, you know where to find it! [www.SharonOdom.com](http://www.SharonOdom.com)



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