

Live Unbothered...

A guide for the woman who's done fighting herself — ditching diet culture and moving your body on your own terms.

BY TALIAH DOZIER



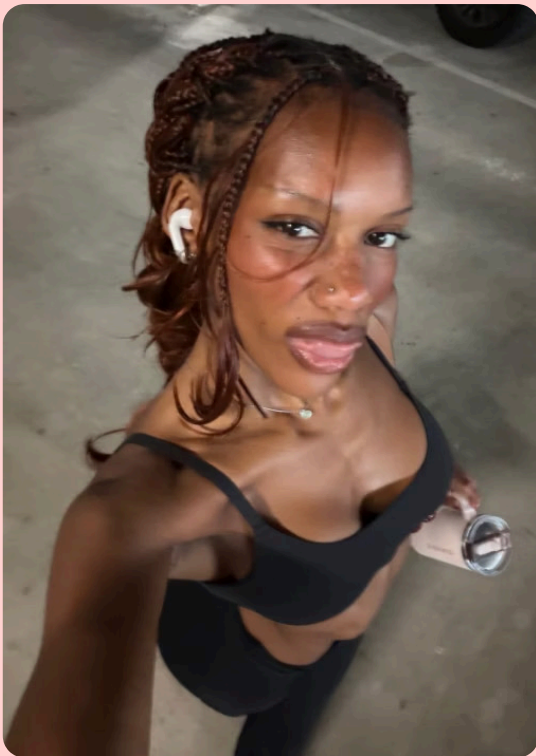
Hey Stink. This One's For You.

A Letter From Taliyah

I made this for you — and honestly? I made it for the version of me that needed it a few years ago too. If you're reading this, you probably signed up for coaching because something clicked. Maybe you've been here before — tried a program, started strong, fell off, and convinced yourself that's just who you are.

That story is not true.

I've worked with thousands of women over the past four years. The ones who struggled weren't lazy — they were exhausted. Following rules that weren't built for their actual lives. The problem was never them. It was never you.



This guide covers four things I wish someone had told me sooner:

01

Ditch the Noise

Stop letting the internet live in your head rent-free

02

Break the Cycle

Why all-or-nothing thinking keeps you stuck

03

Build Your Routine

Movement that actually fits your real life

04

Redefine Progress

What results really look like for real women

You don't have to earn your body. You don't have to suffer for results. You just have to start — and then keep going, imperfectly, on your own terms. — Coach T

Ditch the Noise & Break the Cycle

1

Audit Your Feed Like It's Your Finances

If something consistently makes you feel bad about your body — unfollow, mute, archive. Comparison is only useful if it's inspiring you. If it's draining you, it's costing you something real.

2

No Doom-Scrolling in the First or Last Hour

Your first and last hour set the tone for your whole day and your sleep. Protect them like they matter — because they do. This one sounds small. It is not.

3

Replace Comparison With Curiosity

Instead of "why don't I look like her," try "what can I learn from this?" One makes you feel behind. The other moves you forward.

The All-or-Nothing Trap

You ate something "off plan." Now the whole day is ruined. Sound familiar? This thought pattern derails more women than any workout ever could. One missed gym session becomes a missed week. One indulgent meal becomes "I'll start over Monday." And Monday never quite comes.

- Consistency beats perfection every single time — not because it sounds good, but because the data proves it. The clients who transform are not the ones who never slip. They're the ones who slip and keep going anyway. A 60% effort day still counts. Showing up tired still counts.



Build Your Routine & Redefine Progress

The routine that works is the one you'll actually do. My programming is structured around real life — not a perfect week. Whether you're traveling, working crazy hours, or starting from scratch, the goal is the same: build something you can sustain long after the motivation fades.



Move Daily

Even if it's just 10K steps. Walking counts. Active rest counts. Daily movement keeps your energy up and your mind clear.



Fuel With Respect

Three balanced, protein-forward meals. Not a diet. Not a restriction. Food is information — feed your body well and it works with you.



Journal Daily

Huge in my coaching with journals or daily habits. Your mental state drives your physical output. Know what's going on inside and you make better decisions everywhere.



Document the Process

Track reps. Take photos. Not for the internet — for you. Progress is hard to see day to day, but undeniable week by week.

"The scale is one data point. It is not the whole story." — Strength gains, better sleep, clothes that fit differently, a first run completed, walking into a gym and feeling like you belong there. I celebrate all of it equally.

You're Already Here. That's the Hardest Step.

Not a rigid program you'll abandon in two weeks. Not a meal plan that makes you miserable. A real system, built around your real life — your schedule, your goals, your history, your body. With accountability, community, and someone in your corner who's been in the struggle and made it through.

- ▣ Working toward a healthier version of yourself is love. Wanting more for yourself and actually doing something about it is love. Not every day will be perfect — but setting your intention in that direction? That's everything. ♥