



PYT Weekly Training & Support

Lesson #10 Feeling Good About Yourself

by Jim Katsoulis

Welcome to this week's lesson, and I'm going to ask you to do something that I normally don't like to ask people to do and that is to trust me because what I want to talk about today is motivation, a way to get to motivation and a way to get the results that you're, ultimately, looking for now.

I can't tell you how many people I had worked with, and they would say once I lose the weight, then I'm going to feel confident, then I'm going to feel attractive, sexy, and happy with myself, on and on.

And the flipside of that is almost all this same people would always have had some success in the past with weight loss, and I say, "When you got that success, did all those other problems that you were experiencing go away? Then, all of a sudden, did you feel attractive? Did you feel happy with yourself? Did you feel outgoing and sociable?"

And a lot of times, that wasn't the case. They've lost weight and they were happy about that but they still had all these other emotional problems in their lives.

So, what I want to talk about today is how to start feeling the way that you want to feel now and how to feel good about yourself now instead of waiting to lose the weight because what we want to do here is we want to feel good about ourselves so that we want to eat well.

See, that's what we call a long-term strategy, and what most of us have been unconsciously conditioned to do is to create negative strategies as in ... we step on a scale and it's too much or we put clothes on and they don't fit. "That's it! I've got to go on a diet."

And it's always this negative thing pushing us to do something. We get too fat. We get too overweight. The clothes get too tight. I've got to go on a diet, I've got to change the weight.

But that's a short-term strategy because then we start to lose a little bit of weight, we feel a little bit better; and now, we don't have that same motivation. So, what we want to begin thinking about and training yourself to do is to focus on why you want to eat well, why you want to exercise, and why you want to eat and live this way for the rest of your life.

And let it be something positive. Let it be something good. So, this is a complete 180 for most people, and it starts with letting yourself feel good now, right? Why do you want to lose the weight? Is it because you want to feel attractive to your mate or you want to feel attractive so you can meet someone?

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If that's the case, how can you begin to be more attractive now? There's always something you could do. Now, don't get me wrong. Maybe losing the weight will help you, ultimately, feel the most attractive you can feel. I'm not going to argue that.

But I guarantee you that there is something you could do right now in the body you're in right now to feel more attractive or to feel more energetic. It doesn't matter what it is and I can tell you that I've done this with every client where I would hypnotize them and they would leave feeling so much better even though physically, nothing had changed.

So, so much of this is between our own ears. We can decide how we want to feel. We can't allow the external world to dictate how we're going to feel. We can't have our weight dictate how we're going to feel.

I'm going to tell you this. I give you permission, in as sense. You can feel happy about yourself, feel good about yourself, and want to eat well and lose weight. That's basically what I'm saying. We're going to shift the motivation around so that you're actually enjoying this process. And when you do this, it becomes a completely different experience

And the best part of it is, again, you want to plan for long term. This is a long-term plan because what ends up happening is that eating well becomes like layers of how good you could feel. So instead of saying, "Oh, man, I ate that. I did so good yesterday and then, I went and had a bowl of ice cream. I blew it," we will kind of like "I felt really good yesterday.

You know what I mean? I was kind of light all day long. And then, at night, for whatever reason, I had a bowl of ice cream and that kind of made me tired and I felt heavier and it kind of slowed a little. So, I think next time, I'll either cut the ice cream in half, I'll have some yoghurt or I'll just skip it altogether because I like waking up feeling lighter."

Do you see the shift that's going on there? Now, the easiest way to think about that is that you want to feel good now.

Now, a specific way to do this is to begin appreciating your body. Think about the negative suggestions that we can sometimes give to ourselves all day long. We try some clothes on and they don't fit, "Oh, you're so fat, you've got to go on a diet. You've got to lose some weight." You see yourself in the mirror, "Oh, I've got to do it." It's non-stop sometimes.

So, what you want to do intentionally is to appreciate your body. Now, you can go as far as saying, "I appreciate my legs because I'm able to walk." If you can't walk, "I appreciate my arms; I can move them and pick things up; it's kind of nice." "I like the

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just the feeling of being able to take get deep breaths, let it out, feel more relaxed, and allow my mind to calm down a bit. Every time I do that, I feel a little bit better.”

So, it's the little things. “I appreciate being able to see. I appreciate being able to hear. I like being able to listen to music.” So, again, you're just appreciating these things that you take for granted but really beginning to realize that ... I mean, you could spend an hour on your eyesight and all the things that you can do with your eyes that you are so thankful for and you would be thankful for if tomorrow you went blind.

So, we want to start appreciating the bodies that we have. What I think you're going to be amazed at if you do this, is that if you start feeling good about yourself, if you start feeling good about your body, who you are, being attractive, being energetic, being more flexible, and being all the things you want to be, and you start feeling those things now, I think you'll be amazed that you have more motivation.

Sometimes, again, people think they just think they have to beat themselves up to take action and to do something. There is a time and place for that sure. I think most people are way out of bounce with that. I think they've gotten so conditioned to beating themselves up that they've forgotten what it feels like to feel good about themselves. They have such high ideals of perfection. They say, “Once I reach that, then, I'll let myself feel good.”

I promise you, if you start to feel good now and you start to actually feel attractive and you start to feel more confident, what's going to happen is it's going to be easier to begin eating better and to lose the weight. And then, what's going to happen is you're going to start losing the weight and you're going to start feeling more of these things.

The difference is we want to start off feeling them first of all. So, even if you have very little confidence, there's a big difference between saying, “When I lose the weight, then I'm going to have confidence.” That statement implies that I feel no confidence right now and that's not the case or that shouldn't be the case because there will be some areas in your life where you feel some confidence.

So, want to start with, “Okay, I feel confident in this area. This is what confidence would feel like and I want to feel more confidence.” When you're talking about more confidence, you're talking ... again, unconsciously, you're representing it as if you feel some confidence now but you want to feel more. That's a much better place to be in than, “I'm going to wait six to eight months and then, I'm going to feel confident.”

Start to feel it now. Start to be attractive now. Start to do the things that you are looking for, ultimately, from the weight loss and start to think about how you can introduce them into your life right now.

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And then, go through this process feeling those things because, again, those are the emotions and those are the feelings you need in order to get through this process of change. As you're transforming your beliefs and as you're transforming your behaviors and your habits, you need to have these positive emotions supporting you along the way and reminding you why you're going to do it.

And I promise you, there's still motivation there. You can feel attractive and want to feel more attractive. What a different way to approach it. And then, this way here, you aren't waiting for this day because the downside of doing that is this. It's that, so often, what happens in our minds is we think in our emotions running patterns. And so, even once the external changes, we can still run those patterns.

I can't tell you how many people I've worked with who have lost the weight and they still didn't feel good enough. They were still something they noticed that wasn't right. And so, they never got that real, positive, exciting feeling that they were expecting to get when they were planning to lose the weight.

So, don't let this happen to you and start right now by thinking, what am I, ultimately, looking for from this weight loss and how can I begin to feel that now? What's one little thing I can do? Maybe it's going out and getting some clothes.

By the way, this is a specific one. Don't do this one. "I'm not going to buy any clothes until I lose all the weight." Don't do that. You don't have to go on a shopping spree but get yourself some clothes that you feel comfortable in, that fit you right, that you feel attractive in, and that you feel good in.

That's what you're looking for. And so, if you're going to go down the line, maybe your clothes size is going to go down. Don't wait. Get used to all those feelings that you're expecting to have and that you want to have now.

So, have fun with this. And I'm telling you that if you can really internalize this, this can really shift everything around for you. It's really a joy. This is why I love working with weight loss so much because you don't realize how much you've been beating yourself up until you start doing it this way, until you start supporting yourself, encouraging yourself, and feeling all the things that you won't now.

And keep a lookout. Notice people who are bigger that don't have the exact body that you think should have and notice when you find people that are happy, that are confident, that are sexy, and that are attractive with that size body.

What would that feel like? How did they do it? And, again, you're not just giving up. You're feelings things you want. You're going to use that emotion and that energy to get the results that you, ultimately, want.

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So, think about that. Take some time. What am I, ultimately, looking for? How can I begin to feel that now?

Play with that. Use that. Put it inside your brain. Think that way, and I think you're going to be very happy with the results. I'll talk to you all next week.

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