



# ***PYT Weekly Training & Support***

## Lesson #17 The Power of "Baby Steps"

by Jim Katsoulis

Alright! Welcome to this week's lesson, and what I want to talk about this week is something that I find occurring pretty much in every single person that I've ever worked with one on one. And it's the idea that we're always looking to achieve these great things. You know, when it comes to weight loss, we're looking for the big weight loss ... the big changes in clothes, and the big changes on how we look and how we feel.

The problem is, that in reality, we never actually ... we can't make those big things happen all at once, okay. So, what I mean by that is this – that when we think about losing a lot of weight, that is the accumulation; that's the result, the end result of a lot of little steps, a lot of work, or a lot of action. It's the end result.

So, stay with me on this, too, please because I think it is so important. And it's just so valuable when you really internalize this and start to appreciate and understand that really what you need to do to make these changes in your eating, in your exercising, in your body, your health, and your energy is you need to focus on the little things; and we talked before about instant gratification. As soon as you do that little thing, you need to feel good about it.

It needs to feel good in your body because once this happens, this is how you start doing these things everyday, every week, and every month, and that's when you get permanent weight loss. That's how you get it to last, and that's how you get major, major results. The thing is that it takes awhile. I'm just going to put it out there and say that.

We don't want to hear that. We don't want to hear that it takes awhile. We don't want to hear that it takes consistent effort. But let's face it, it does. It does take consistent effort.

Now, I will tell you this, though, that effort can be enjoyable. It can be easy. It can be fun. But the thing is we need to understand in our minds that we're focusing on it step by step by step; and so what I mean this ... we can use some practical examples of what I'm talking about.

You know sometimes people will say, "Well, if I can't go to the gym for an hour, then it's not worth it." And this is wrong. This is absolutely wrong because what you want to start doing is thinking the opposite almost where you say, "Well I'm going to park

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farther away from the store. I'm going to take the stairs. I'm going to do other things that just get me moving. I'm going to clean the house."

Every little thing, every little time when you're moving more, every time you make a better decision – you eat a little more fruit; you eat that apple; you need that banana. You say no to the doughnut; you say no to the bagel. Whatever it is, everytime you do that, it's one more step on that path that you want to be on.

Now, the bad news is – that it does take a little while. Permanent change in a comfortable and enjoyable way takes a little bit longer. It's not just drastic dieting, exercising where you get this fast, really intense result that don't last.

What we're looking to do is creating a longer term plan. And while it may take a little bit longer initially, the beauty is that it lasts. It's permanent. It's easier to maintain.

And so in your mind, you can start thinking, "What's this going to be like in a year or 5 years or 10 years when I have these habits installed and when I have this behaviors going on?" So, how do you use this practically?

What you want to start doing is ... and, again, this might be hard for you because it's almost the opposite of how we've been taught, because we've been taught so much to say, "Oh! That's not going to help, that's not going to matter, and that's not going to make any difference." And we need to shift that so that you're doing every tiny little thing you possibly can to help you out.

So, if it is drinking that glass of water ... again, drinking that glass of water is not going to knock five pounds off your body but neither is eating an ice cream cone. It's the accumulation of the behaviors that ends up creating your weight.

Remember, you can't lose weight. You can only live and eat and exercise in a way where your weight is what it is. Remember, your weight is a reflection of your eating and your exercise habits.

So, remember that a lot of times we're looking at the reflection and trying to change it. But the only way to change it is by changing up our behaviors, by changing up our actions. And if you start looking at when you drink a glass of water and you tell yourself, "Great! That was another glass of water. I'm on my way." Or you eat an apple. "Great, that was a great decision. I enjoyed the apple. I want to eat more of them. I want to make that more of a habit. How can I do that?"

You eat a banana, great. You say no to a doughnut, "Oh! That was awesome, that felt good." You know what I mean? You're constantly building yourself up that way. You feel good about yourself. You feel good about the decisions you're making and how

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easy it can be. And as you start stringing this together, you're going to be amazed at what happens.

If you only look at ... "well, I have to eat perfectly for the week or none of it matters. I have to go on exercise for an hour everytime or it doesn't count." If you set it up that way, it's very, very hard to continue with that for a long period of time and you're just making it so hard on yourself. I will give you an example. You would never treat a friend or if you have a child, you'd never treat a child like that where it's like they've been doing good and they've been eating good all week but then one day they screwed up.

You wouldn't say, "Oh, you screwed it all up now. You blew the whole thing." You would be supportive, right. And you tell them, "Oh, it's okay. You did great for most of the week; then just get back on track." But then sometimes when it comes to ourselves, we're so critical and so hard, and we expect ourselves to be so perfect that we don't respond the same way to ourselves that we would to family or friends.

And you need to start doing that. And you do that by beginning to appreciate ... I don't want to say baby steps either. Baby steps have got this implication that it's not going to do anything, and it's going to take forever, and all the rest of it.

But what I want you to understand is that your weight loss happens the same way that your weight gain did. It happens by continual steps, continual actions. Now, people gain weight by sitting down one day and just eating five pizzas and sundaes and drink gallons of milk. That's now how people gain weight. It's a little bit at a time, little actions kind of stacking up one on top of the other.

So what you want to do is the exact the same thing, the opposite way. And the way you get to that is by focusing on the little tiny behaviors and just trying to stack and accumulate as many of them as possible with the idea in the back of your mind that as you get more and more of these behaviors, little ones, easy ones, and as you get used to doing those, it becomes who you are.

You want to replace the little kind of bad behavior you had, and replace it with the behaviors that are bringing you in the direction you want. But again, it's got to be this micro focus, these little behaviors and appreciating them. Giving yourself a pat on the back for any little thing you do. I'm telling you ... the other day, I washed my windows in my house. I haven't done that in a while.

And part of me said, "Hey, it was exercise." I told myself that. Now, is it exercise like going to the gym and working out for an hour? No, I know that, too. But it was something that actually got me moving. It was something that actually made my mindset better. It made me feel better. I felt cleaner. I felt like I did something and

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that I accomplished something. I appreciated it. And I let myself know that. It felt better.

It wasn't the biggest accomplishment of the world, I know that. But it was one more little thing that made me feel better. I felt better after I've done it than before I've done it. That's what I'm taking about. It's letting yourself feel good and letting yourself feel good about little things, little that things that don't matter because if you start feeling better and better about these little things, taking every opportunity you can to feel good about yourself, no matter how small it is, what happens is it starts to build on top of itself and you start to become a new person.

And what happens is, your body starts to transform. I promise you. Now, the worse case scenario is, your mind starts to transform. You start to feel better. You may still be overweight but at least you start feeling like you're doing something if you allow yourself to.

And that's what this whole lesson is really about. It's about you allowing yourself to feel good about the little things because it's the little things that turn into the big things. There's no such thing as just being able to do a big thing all at once.

You don't lose weight in a week. You don't lose weight in a day. Alright, it takes time. And so, in order to make that happen, I want you to begin focusing on the small, little things, every little thing you can do or something to feel good about. And everything you do wrong or everything you kind of let yourself down with is just something you did. Let it go. It's a little thing. It's not the whole story.

In politics, they say that the cover up is worse than the crime. And so, the weight loss sometimes we make like ... we over eat one meal or something, "Oh, I blew it! It's all done." That's not the case.

The truth is that our weight is a reflection of our habitual behaviors. And so, as you start stacking up more and more good behaviors, more, more behaviors to create the body you want, the feelings, the emotions, the energy level you want, it starts to accumulate and it builds up. And that's how it works on both ways. So, start paying attention to the small things and let yourself feel good about them.

That's my hope for you and my challenge. Try it out. Let yourself feel good for a week with all the little things that you do. The bad things you end up doing, let them go and do something small to make yourself feel better in that moment. And as you stack those up, I think you're going to be amazed at how it feels. It's a big shift you can make in your mind. And what you may find by doing this is you may find yourself continually going back, "Oh, those don't matter. That's not going to make any difference." They do make a difference.

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I promise you. And it makes a long term difference and that's what we're looking for here – a long-term, permanent change in your behaviors and in your body so that you look the way that you want to. But it starts by focusing on the small things, the things that we used to define as small because that's what creates ... that's the foundation of what, ultimately, appears big to us. So, use that as we pay attention to it, and I'll talk to you next week.

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