



PYT Weekly Training & Support

Lesson #2 Your 3 Worst Habits

by Jim Katsoulis

Alright, welcome to this week's lesson. Now, you're going to hear me speak over and over again about the unconscious mind, and what's so important to understand is that you're not going to lose weight and change your body through willpower alone for the simple reason that willpower comes and goes.

Willpower is dependent upon your mood. It's dependent upon your focus, and almost guaranteed, there are going to be moments in your life when you're tired out, you're depressed, you're tired, you're frustrated, and your willpower and your focus are going to shift.

At those times, you want to still be able to fall back on your regular routines and habits that maintain the body you want. So, the quickest way to do this is to ... I don't want to say eliminate but substitute and change your three, I'm going to use the word, "worst" habits.

Now, there's more to it than this. Your habits, you want to look at it this way, that you have a natural weight, and you have certain habits that you repeat daily, weekly, monthly that are responsible for the extra weight on your body.

So, for example, if you eat at night, if you snack all night long, maybe four or five nights out of the week, that's going to be responsible for a certain amount of the extra weight that you're carrying.

Remember, you're not just overweight. You are eating a certain way and having an activity level that is being reflected in your weight. It's pretty basic and we want to keep this simple. I know there's more to it than that, emotionally and controlling your eating. But what it all comes down to, basically, is the amount of food you put in your body, your activity level equal the weight that you have.

And so, if you're overweight, then you are doing things that are maintaining that extra weight. And usually, the things you're doing, you don't even realize you're doing, your habits, you know, unconscious behaviors.

So, what you want to do is you want to identify the three habits that are most responsible for the extra weight. It could be eating and snacking on junk food at night. It could be overeating at meals: breakfast, lunch, and dinner meals. So, it might just be overeating, in general. It might be drinking sodas. It might be eating candy.

It's different for each person. And, again, what you want to notice about your habits is that they run daily, weekly, and monthly. You don't need to worry about the yearly ones.

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Thanksgiving? Don't worry about Thanksgiving. Eat yourself silly on Thanksgiving, Christmas, and your birthday. Those are not responsible for any extra weight; what controls your weight is the habitual behaviors you have.

So, the beauty of this is that there's no beginning and end with this. This isn't about "okay, I got this habit. I'm going to get rid of it." It'll be great if it worked that way. But more often than not, the people I've seen who really create ultimate success are the ones who are able to identify the behaviors and the habits that are responsible for the extra weight. And they work at eliminating and substituting new behaviors in their place or just stopping them completely.

And it's a process sometimes. So, what you need to do right now is just decide, once you've identified the habits, "I'm going to change this. I'm going to do it no matter if it takes me months. I'm going to do it because ..."

Imagine your life without those three habits. Imagine your life if those habits were transformed into something better. So, instead of soda, you drank water; instead of eating popcorn and ice cream at night, you ate celery and carrots or nothing.

And imagine if this became a habit because habits are ... once you've got them going, they just run automatically. And habits aren't only bad, we know this.

So, put the time and energy into creating the habits now and eliminating the bad habits; and you're going to find that weight loss becomes easy.

This is how it becomes automatic. And when you get your habits in check, that's when things become fun because then you can go out to dinner and eat a little extra. You can go to a party and eat a little extra.

That's not what controls your weight. It's the regular habitual behaviors and habits that you have. So, this is just so essential and the good news is, to be excited about it, is that, again, once you get this down, once you add the water into your life, once you add the breathing, once you eliminate the bad habits, the relaxation you add into your life – once you do these things, it just becomes easier.

And that's what we're after. This is a long-term plan. This isn't, "I'm going to give it a month and see what happens." This is, "These are the habits I have, and I need to eliminate them or transform them into something else."

Be clear about which one you want to do. I would suggest that you substitute them. For example, if at night, you've eaten ice cream for the last 10 years, maybe it would be easier to turn that into frozen yogurt, maybe it'd be easier to turn it into like a little yogurt thing, maybe you can turn it into carrots and celery or something, or just water.

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But the point is, sometimes, substituting it is going to be easier than just saying “I’m not going to do that.” So, again, the ultimate thing is that you’re playing with this, you’re experimenting. You’re trying things, seeing what works, seeing what doesn’t, and tweaking along the way. That’s so, so essential.

And if you take on that attitude and that mindset, you are guaranteed success. It’s not about “if it’s going to happen,” it becomes “when it’s going to happen.” And so, stick to it, commit to it, and focus on the three habitual patterns, the three habits that are most responsible for the extra weight, and really commit to changing that.

So, do that and I’ll talk to you next week.

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