



PYT Weekly Training & Support

Lesson #20 The Joy of Eating Well

by Jim Katsoulis

Alright! Welcome to this week's lesson. What I want to do this week is I want to point something out that a lot of people overlook and it can be very, very helpful in your long-term motivation. And what that is, is appreciating what it feels like to eat well.

This gets overlooked. I see this over and over again that people overlook it because they're so busy focusing on not eating bad foods that they never have the energy or the focus or the awareness of what it feels like when you're eating well, when you're on track, when you're eating the right foods, and when you're eating them in moderate amounts. You can feel that lightness. You feel that energy. You feel the excitement like you're accomplishing something.

After you do it for a while, your body starts to transform. You start to lose the weight and it just becomes this compounding thing. But I want you to recognize that when you are eating well, I want you to appreciate it because ... there's always a debate in psychology – what's more motivating, pain or pleasure? Like most things, I would like to use both of them because they both work. The debate of which one is more powerful, it seems irrelevant because ... I mean, as powerful as pain can be, the truth is that we're not going to put ourselves in an extreme state of pain regularly.

It seems like we go about our lives and we look for these moments of pleasure. That seems to be more typical. So, if the only thing you assign pleasure to are sweets or 'carbs' or fattening foods, then it's going to be very difficult to maintain this change long term.

Let me tell you, you know, from my own experience and interviewing a lot of people who have created real genuine long-term change, one of the things I've noticed is that they look at eating well – eating salads, eating vegetables, eating fruits, eating moderately, and they feel good about it. They connect and they associate it to the pleasure that that gives them.

It's funny and even if I say this I can hear ... certain people I know whose voices are saying "Oh, right!" They don't believe it. But I want you to really think about it. Think about the pleasure of eating well. It's not just that you're doing something right. It's not this external force like, oh, you're eating right; you're doing a good job. Genuinely, it makes you feel different.

And I want you to begin to pay attention to that because that's a very, very powerful motivator but it gets overlooked because people are so busy thinking – well, am I on track? Did I eat perfectly today? And so, they're so busy trying to stay perfect that they don't release some of their awareness and energy to recognize that, "Hey this actually feels really good. Physically, mentally, and emotionally, I feel really good."

Now, what happens if you start believing this and if you start noticing this, and you do this for a week or two, and you're eating really well, and you're feeling good; and you

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genuinely feel good; you're feeling happy about it; you have more energy; you're sleeping better, all the rest of it, two weeks go by and you overeat' you eat the wrong food and you eat a ton of it?

Now, if you've been appreciating how good you've been feeling, what happens is you can go back to eating that way because it feels good. I want you to stay with me for a second. Imagine if ice cream is your thing, or cake or whatever snack food is your thing, imagine if you didn't eat it for a day. Would you be worried that you wouldn't be able to eat it again or want it again?

That's not how you think about those things. So, if you start appreciating how good you feel when you're eating well, then when you have a day where you eat wrong or you eat too much of whatever the thing is, it's not a big deal to get back on track because it feels better.

What I'm saying to you is that you already know the pleasure of sweet fattening foods or whatever. You know the pleasure of that. What you need to start doing, though, and you need to this intentionally because you're not getting this message very often out in the world, is you need to begin internalizing the pleasure you get from eating well.

And, specifically, what you're going to notice is that when you eat a salad, how do you feel afterwards, energetically, physically, emotionally? It feels good. I know I can't speak for everyone but there's a lightness to it. There's a real genuine good feeling about eating that way. And the other thing that is unique about that is that it's absolutely congruent.

Eating sweets or whatever may be enjoyable in certain ways but there's always this part in the back of your mind that starts beating you up or starts making you feel bad about it. When you eat well, there is just congruence to it that it feels so good and you know it's good for you. The voice you might have in your mind at the back of that one is, "Oh! Yeah, how am I going to keep this up for?"

But, notice, how hard would it be to keep up something that felt really good? You understand what I'm saying? Again, notice, this is what happens with food in the opposite direction. You're not trying to get yourself to eat sweets or foods that are challenging to you. You just want them because they make you happy. They make you feel good. And so, again, if you missed a day or two, you're not worried that you never going to eat it again.

Because it's enjoyable; it pops back up. The same thing can happen with the good food. Now another interesting thing happens. When you start recognizing that eating that way makes you feel really good energetically, physically, all the rest of it, when you don't eat this way, you're going to feel worse. You're going to feel kind of

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lethargic. If you way overeat, you might have pains in your stomach and your body might have trouble breathing. You might just be really tired. You might just feel bloated.

So, you want to use that in the future so that when you're thinking about, "Okay, should I even have the salad or the ice cream?" you start thinking about, "If I'll have the ice cream, I'll start feeling bloated and this doesn't feel good. That's not what I want. I want to feel good."

So, what we're ultimately getting to here is we're using pain and pleasure. But we want to amplify the pleasure of eating well and find out what it is for you.

Let me tell you this. If you can't find any pleasure at all of eating well, then you're going to be having very difficult time losing weight because you're going to be fighting against yourself forever. It's a very, very daunting task.

You need to find some pleasure of eating well. If there's no pleasure in it, again, I will take sometime to figure it out. Let me give you a few hints if that's the case. Don't focus on the taste. Don't compare them taste to taste. Maybe taste wins for ice cream and snacks and [inaudible] **06:56** foods and all the rest of it.

What I want you to focus on, though, is how you feel. If you focus on how you feel physically, energetically, and mentally, I think you're going to find some very positive things.

And I want you to remember that and to amplify those in your mind. So, when you think about salads, it's not just the taste, it's how am I going to feel? How am I going to feel in 20 minutes? If I consistently eat that way, how am I going to feel in my life? How am I going to look?

So, again, it's blowing up the pleasure. You're amplifying the pleasure of eating well so that if you do, which you will overeat sometime and make a bad food choice, everyone does that. But that's not a big deal to get back on track of doing something you like. You're not forced – "I hate this." That's what a lot of people do unconsciously; that's how they view it.

You need to change that. And you change it by amplifying the pleasure that you perceive and think of as eating well. So, it's not just "that's what I'm supposed to do." It actually feels good. It's enjoyable.

So, do that. Think about that this week. And really pay attention because I'm telling you that this will change things for you in a very, very dramatic way. I'll talk to you next week and have a great day!

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