



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

## Lesson #22 What to Do When You Have No Motivation

by Jim Katsoulis

Hello and welcome to this week's lesson! What I want to talk about this week is so important and it's about when you don't feel motivated, when you're just feeling down, depressed, tired, overwhelmed, stressed, whatever it is, when you don't feel like you have the energy to put into eating well or exercising. That's what I want to talk about because if you can solve this, if you can get it so that even when you have no motivation, you're still eating well, you're still drinking water, and you're still doing some sort of exercising, that's when your body genuinely, truly, and permanently changes.

And you want to keep that in mind because that's what you want to shoot for as the ideal. That's where you want to be. That's what people who have changed their bodies and who live thin, healthy, and lean lives are able to do, and it's something that some people are born with and have learned growing up and a lot of people have learned how to do as adults. And so, if this hasn't been the situation for you, then it can be. It, certainly, was for me.

So, let's talk about – how do we make that happen? The first thing to understand, you've heard me mention this before, is we need to get rid of the “all or nothing” mindset. It can't be, “I'm either on – I'm dieting, I'm eating well, I'm exercising – or I'm off. Forget all of it. I can't even think about it.” We can't have it all or nothing, that's the first step.

We need to break it up. So that we have ... there's eating, there's exercising, those are obvious, but there's drinking water, there's breathing, there are relaxation techniques, there are mental programming things you can do. There are just emotional things you can do – go for a walk or watch a movie, things that just kind of relax you a little bit. So, when we break it up and we make it bigger so it's not just eating and exercising, you have a much better chance of still moving forward even when you don't have the energy because the things that I had just mentioned are easier to do than eating well and exercising.

Remember, I mean, let's face it. If you have had bad eating habits your whole life, to eat well, to change that, it takes conscious effort. There is work involved with it. On a scale of things, it's one of the harder things to do. The same thing with exercise, if you've never exercised and you have to get yourself to do it, you have to remind yourself and you kind of struggle to make it happen, again, those take more energy than drinking more water, taking some deep breaths, relaxing your body, and doing some mental programming.

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These things are way easier to do. So, you need to add them to your repertoire, you need to add them in your tool chest of what you can do because the secret here is that losing weight permanently and maintaining your weight, it's not just about eating and exercising. Those are two small parts and even your eating is influenced by how you feel.

So, if you're drinking water throughout the day ... say, you eat badly, but if you balance it out a bit by drinking extra water, by taking extra few moments and just letting yourself relax a bit, taking some deep breaths and just kind of allowing your body to re-oxygenate itself, what happens is your mood starts getting a little bit better because, physically, you start feeling a little better; and mentally, you put yourself back in a better place.

And then, it's easier for the next meal to eat well. You either make a good choice and/or eat the right amount. So, everything is always influencing itself. But we can't just look at it as eating and exercising. We need to look at it as "there are always different things you can do."

Now, I mentioned mental programming the reason that's so valuable ... and I've used this so many times because there are times I don't want to ... I have eaten badly, and I don't want to exercise, and I don't even feel like moving.

But when you do the mental programming exercises, they take virtually no effort. I mean you're thinking ahead nonstop all day long, anyways. So, you're already doing this. The only difference is that now you're doing it intentionally. You're intentionally thinking about how you want to act, how you want to behave, and how you want to feel. You're going through the strategies that aren't working for you and coming up with some new ideas. You're running those through your mind. How would that feel? How would that work? How would I do that?

And so, as you do the mental programming, you're still, again, moving yourself in a direction you want to go in. Now, again, compare this to what a lot of time people do. They eat badly and they say, "Oh, man, I blew it! Why can't I stick to something? You know, I want it so badly but I keep screwing up. What's wrong with me?" And that's the mental programming they start doing. They start focusing on all the things that are wrong with them and all the reasons they can't stick to something.

So, trust me. There's a lot of going on here and there's a lot that you can influence. It's not just the big ones of exercising and eating. There are a lot of small things that you can influence that when you put them all together, they move you in the direction you want to go in. And you've got to open yourself up to it. I mean, I know a lot of people don't want to do that because it's not as big and it's not as dramatic as eating perfectly for the day or going and doing like an hour of exercise in the gym.

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It's not as big and dramatic but I'm telling you that the accumulative effect of it is tremendous, and it can be just the thing that will pull you out of a slump, that will you pull out of when you feel down and when you feel depressed. If you're putting it all on just exercise and eating, you have to wait until you get re-motivated; it's a very high level

So, what you want to start doing is you want to get yourself to consistently do the little things as well and work on the big things. I'm not saying ignore eating and exercising, but that's not all there is.

Now, to give an example of this, if you haven't gotten to the first five pounds yet, make sure you get that, and you can go to [first5pounds.com](http://first5pounds.com), if you haven't gotten that yet, and you can get this report. Again, just list up the seven areas to master so that you can ... when you're feeling down, it's not just all the big things but there are smaller things you can focus on as well and it can really change your whole mindset.

So, what I'm going to suggest to you because I know, through experience, that people have this hesitation. It sounds easy, it sounds like it would work but they don't think it's big enough. They don't think it's enough to get new results.

And I'm telling you, if what you've been doing for all this time hasn't worked, then do something different. Do something new. And what I'm going to ask you to look at is when you do these little things, when you drink the extra water, when you take a few moments and let your breathing become deeper and more relaxed, when you take a few moments and relax your body and your mind, what I want you to begin doing is to notice how when you do those things, how it makes it you feel and how those feelings affect your eating, and how those feelings affect your exercising.

One last thing I'll mention ... eating and exercising, we've talked about those as being big things. You can also break those things down as well. So, say, you eat a whole pizza. That's not what you wanted to do; that's no good, but work on balancing it; so, instead of the next day having no calories, maybe if you could just add an apple to it. So, again, it's kind of like you have the baby steps idea because the more things get going in the direction you want to, there's a momentum to that.

So, it's not something little as "okay, well, I ate a whole pizza today, and an ice cream sundae and all those other stuff but, at least, I also had 3 apples or 3 pieces of fruit." So, you always want to have something good; that's what I'm trying to say. Balance it out with something, and don't diminish it. Don't just say. "Oh! It was just that." Stop doing that because it's a habit ... any time you're eating like three or four or five pieces of fruit in a day, that's great!

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That's one more time that you've strengthened that habit that you want, that habit that's going to keep and give you give the body that you, ultimately, desire. And when it comes to exercising, break it down. So, it's not just going to the gym for an hour. If you can't get yourself to go to the gym and you just don't want to do it, well, give yourself an alternative. What about going up and down the street for a walk or going for a short ride in your bike?

Something as little as getting up and I don't know ... walk and ... if you go to the store, parking a little farther away and walking. So, even the little things, appreciate them because when you screw up, when you fall off the wagon, any little thing that you do to get yourself back on track, if you start looking at it that way, it's going to change your entire mindset. So, this is how you do it, when you have no motivation, this is how you keep yourself on track.

Just focus on the little things, recognizing that life is all about ups and downs. You're not always going to be able to do all one hundred percent on-track stuff. So, when you're feeling down, give yourself alternatives. And as you do that, I think you'd be amazed because it starts to build up a foundation and that's what we're looking to do because when you have this strong foundation, it doesn't become about having to stick to a plan; it becomes just "this is just how I act, these are just kind of my behavioral patterns."

And that's what we're looking to do. So, think about this and use it. Use it because ... of course, there's going to be some day when you have lower energy than another day. When you hit that lower energy today, think about the little things you can do. So, if you can't get yourself to take a big action, focus on the little actions and do those.

And, sometimes, the little action [inaudible] **9:29** right back to the big action, anyways. So, play around with this and test this out. See if it's working for you. And I'll talk to you next week,

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