



PYT Weekly Training & Support

Lesson #42 How to Eat What You Want

by Jim Katsoulis

Alright, welcome to this week's lesson. Now, a lot of times, I've said that we can't be all or nothing. When it comes to weight loss, you can't be all or nothing because that's now how life is. So, you see most people, they start off on a diet and they're really motivated and they're excited, and they can follow these strict plans all of it is short term. It's new and it's fresh. It's exciting for a little while.

But as daily like kind of catches up to you, it starts to get harder and harder to focus solely on that thing. So, you know that you need to get out of the concept of all or nothing because what's truly going to make a difference in your body is when you can overeat one day or you can eat the wrong foods one day and then, the next day, get right back on track. And so, the better you get at that, the easier it's going to be to really and truly master your weight long term.

So, what I want to do today is I want to give you a specific question to think about that's going to help you break through the all-or-nothing mentality. And I say that because you're getting the message consistently from every diet program and every exercise program pretty much that it's all or nothing. You've been screwing up; and now, it's time to jump on it.

So, you're getting this message constantly through advertisements and through people that you know because, again, this is the way most people think about it and discuss it.

So, the question I want to share with you is, how can I eat whatever it is that you like ... how can I eat ice cream and have the body I want?

Oftentimes, I would ask people this and you could see that their brains ... smoke starts to come out of it because they're not used to thinking about this question. But I want you to think about it because when you start asking yourself ... how you I eat the foods that I love, how can I eat everything that I love to eat and have the body I want?

Well, one of the answers that begin to come up is, "I'd eat moderately," and that's the direction you want to go in. You don't want it to be an all-or-nothing thing. You don't want to have to give up your favorite foods. It's not about that.

Again, what you want to remember is that in our minds, we have these different parts of ourselves. We have the part of us that loves to over eat certain foods. We have the part of us that doesn't like to exercise. We also have the part of us that wants to be healthy. We have the part of us that wants to be lean and strong.

So, we have all these different parts to ourselves, and with the question that we're asking here – how can I eat X and have the body I want? – what we're doing is we're

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taking into account all these different parts of us and we're respecting them. And so, we're giving them all a say. We're giving them all input.

I like to personify this question by saying, if you had a group of people that you were in charge of. Say, you're a manager and you had a group of people and they all have different personalities and different likes and dislikes, and part of the time, you're like, "Okay, you, guys, have all the say in the world. You, guys, just shut up; you have no input." And the next week, you go in and you say, "You, guys, have all the input and you, guys, have nothing to say."

What ends up happening is you create a lot of resentment. So, this is what happens inside of us when we start with the all-or-nothing thing. So, we have the ice cream that we love to eat, maybe, and we enjoy it while we're doing it. But then, we realize that it's not giving us the body we want. There a lot of negatives to it and so, we say, "That's it! No more you, I'm going to go this way, just carrots and celery this week." And we get through the week and, "Oh, this is horrible. I don't want to go back to that."

So, again, right from the beginning and, at this point, you want to start really internalizing this and thinking this way. You want to take into account all the parts of yourself and get it so that they're all represented so that you can still get the results you want.

And this is the best way because, yeah, you can have ice cream sometimes. You can have whatever food it is sometimes, eating it in a different way. You can have it and have the body you want. You just need to do it differently.

And I'll tell you another thing about this. Sometimes, when people are so all or nothing, it creates this rebellious part of them. And so, they get obsessed with this. They say, "I'm not going to eat that thing anymore." But they get themselves obsessed on it.

So, this way here, it's a much more relaxed approach and it's not going to change. So, that's the beauty of it. I want you to remember that. Again, we're always looking for long-term strategies. Well, this is a long-term strategy because when you finally get it down so that you can have ice cream occasionally or whatever food it is occasionally, you eat it appropriately and you still have the body you want, then it's like everything's great. When you finally get that down, it's easy to do it long term.

So, that's why we ask this question because it's a long-term approach, again, something that we're always looking to do. And when you do long term, you have to take into account all these parts of yourself. You can't be all or nothing long term in most cases. It's just not enjoyable.

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So, I want you to begin thinking about this. I want you to ask yourself right now. What is the worst food you have? What's the worst behavior you have whether it's doing it or not doing it?

So, maybe exercising – you say, “How can I get myself to exercise and enjoy it? How can I eat cookies and have the body I want?” It's that word “and.” That's really the secret here. That's what makes it all different because it's not just all or nothing or either/or. We want, again, the “ands.”

Now, here's that note, though. I've worked enough with people and I have my own experiences. Sometimes, there are foods that are just too powerful. They're just trigger foods; and if you eat one, you eat all of them.

But this is the thing. Most of the time, that's a really rare food; but I want you to take into account that, sometimes, those foods exist. If that's the case, then maybe you should avoid that for a short period of time. But understand, you can even tell yourself, “I'm going to stop with that food for a period of time until I get myself settled here and until I get my behaviors in check.”

But, again, what you're doing when you say that to yourself is it's not, “Oh, I'm never going to have ice cream,” because as soon as you start saying that to yourself, it's self-torture. We want to minimize that.

So, begin asking yourself the question, how can I eat the foods I want and have the body I want? Now, these are just all positives. You're basing your decisions and you're basing your long-term plan on all positive things. There are no negatives here; there is no deprivation. And this works, by the way.

You might not be able to eat as much of it as you would, ideally, like to. That might be the worst down part, but the thing that lifts that up and balances it out is that your body starts looking and feeling the way that you want it to.

So, begin asking this question and on the flipside, catch yourself when you're thinking either/or, all or nothing. If you catch yourself doing that, that's great and then, change it because that all or nothing stress can be a real downer. It causes sabotage within ourselves. So, you need to identify it and shift it over because all or nothing is usually a short-term thing that we can live with, not a long-term strategy that works.

So, think this week and today, right now, about what foods you want to eat but think about how you can eat them and still get the body you want, and I'll talk to you next week.

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