



PYT Weekly Training & Support

Lesson #67 You Create Your Own Reality

by Jim Katsoulis

This week I want to talk to you about something that's kind of basic and profound all at the same time. I'd like to try and give you some unique, in-depth, and unusual information every week to help you create the body you want.

But, today, I want to bring it back to, in a sense, the basics of personal development, the basics of change, the cornerstone, and the foundation of all change that you're going to create in your life. And I believe that it starts with the belief in yourself that you are the one who creates your reality.

The reason this kind of came up was because I was doing a session, and we were talking about things, and we were talking about different techniques. We were going through them. But they weren't having the effect that they usually have on people. And after I've asked them a few more questions, I realized that these clients did not believe that they could change their reality. They believed that their reality or what they perceived as their reality in their situation was defining them and causing what they were feeling.

Now, I know this is a common belief. I mean, who wouldn't believe it to a certain degree? Who wouldn't believe that "well, I'm a hundred pounds overweight? No wonder I'm tired or I feel about myself or I'm unsuccessful."

It's understandable how you would have that. But if we're going to create any real change in our lives and move from where we're at now to a better new place, we need to believe that we are the ones who create our reality. And we do this by how we use our mind and how we use our bodies.

We've talked about this. We've talked about the physiology – the way that you habitually stand, your habitual posture, your habitual tension levels, your habitual breathing patterns, and the way that you speak. The psychology – the way that you think, the questions you ask yourself, the way that you talk to yourself, and the things that you focus on. These are the things that, literally, create your reality regardless of the environment or the situation that you find yourself in.

The way to understand this is this: Stimuli come in; input comes in regardless of what it is. You could step on the scale and you're 50 pounds more than you want to be. That input comes in. At that point, you, in your head, interpret that and give it meaning; and that meaning turns into feelings, and it affects your actions and what you're going to do.

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Where we have leverage right now is the interpretation phase. We can decide how we're going to interpret something and this seems to be uniquely human and one of the most powerful areas and one of the most powerful skills and tools that we possess. This is the thing that allows us to create a new reality for ourselves regardless of how bad our current situation may be.

Now, as an example of this ... and I reference this regularly in my life; I like to mention it a lot. There's a gentleman named Viktor Frankl, a Jewish psychiatrist who was put into a concentration camp along with his family in Nazi Germany; and he was very rebellious, in a sense, that he said, "I will not give them my happiness. They can't take that away from me. They can change all my external reality, but they can't affect, they can't control how I feel inside."

So, this really is one of the most extreme example, but I think about it regularly that regardless of what's going on in the outside, regardless of what the outside situation is, it's your choice and you have the ability to interpret it the way that you want to in a way that works best for you and in a way that's most beneficial for you.

Now, if this wasn't true, no one would ever change; but we have example after example of people who have been in the worst situations and have, somehow, lifted themselves out of it.

And so, we need to keep that at the forefront of our minds. We need to constantly remind ourselves of this because that gives us the motivation or support to keep moving forward when our situation is not what we want it to be.

Hopefully, what I'm looking to offer you here is some support, some hope, some tools and abilities to look towards the future, towards a goal that you really want to achieve even if you're not there now because the power you have is right in between your head there. Right in your mind is where your ability lies, and it's all in the way that you interpret what's going on in the outside.

I reference Oprah Winfrey. If being abused as a child meant that you became a weak and powerless person, if that was the truth of it all, then, no one who had ever been abused as a child would ever succeed to the degree that Oprah did or to the degree that millions or thousands of other people have achieved and accomplished things despite what they experienced as a child, if we use that specific example. And there are thousands of examples of challenges that people have experienced – traumas, abuse – and they have interpreted it as something that made them stronger per se. They've interpreted it in a way that benefits them.

So, what it comes down to is this, in a practical way. Think about the things in your life that you're regularly blaming or using as a reason why you have so much trouble. So,

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it could be anything. It could be a stressful job or a boss who's really just putting too much pressure on you, and you look at that thing and where you have the control.

What I want you to do is reinterpret it. Reinterpret that stress, that challenge, and that problem in a way that's going to benefit you. The saying that pops in my head when I use that example of a boss putting so much stress on you is, "That which doesn't kill me makes me stronger." I'm becoming stronger from this. I'm gaining more resolve and more ability to really focus and accomplish what I need to do. Maybe that's something that works for you.

But the point is that the interpretation phase is the area where you have the most power and the most control over. But you need to, intentionally, do this; otherwise, you slip into the old habit of saying, "Oh, it's this way." And the bad part of that is that you end up waiting and relying on the environment or the situation change for you to get the results that you want. And that is not an effective strategy.

If you study people who are successful and have achieved things, they have created change in their lives. The change almost always comes from the inside out. So, that's what this is all about. It's reminding you of that. You are the one who creates your reality, and you do it be intentionally directing your focus in a way that keeps you motivated, that keeps you on track.

You can't just leave it up to chance. You can't just leave it up to a situation especially if you're in a bad situation. It's the worst time to just leave it up to chance. That's when you need to take control of this. You need to reinterpret it in a way that's going to support you and benefit you.

So, think about it this week. Again, these are two parts: becoming aware of the things in your situation and your environment that you've been blaming, and it looks like this. You say, "The reason I haven't been able to lose weight is because I've been working so much or because I've just been stressed out and I've been too tired."

Whatever the reasons are, you want to become aware of what they are and, then, you want to reinterpret them. You want to reinterpret them in a way that's going to benefit you. And keep that in mind that you are the one who creates your reality.

I can't stress this enough because if you don't have this belief, if you don't have the belief that you're the one who creates your reality, then, you become dependent and reliant on whatever your situation is. And, then, it's very easy to become a victim in that sense because you give up your power. If you believe you aren't the one who creates your reality, then, you give away your power. Your most important and powerful quality is to create and not to just react.

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So, remember that. You're the one who creates your reality. Keep that in mind. Let it filter through your head for the next few days and really pay attention to the things you've been blaming, the reasons you've been giving yourself, and the excuses. Reinterpret them so that they help you.

I've said this a number of times, and I want you to do it. This could be a very, very useful thing to do and you want to internalize this. So, it's not just for a couple of days. It's for the rest of your life.

Every time something in your life is challenging or a problem or hard, you, again, are able to look at it in a way that's going to help you rather than hurt you.

So, do that! And I'll talk to you next week.

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