



PYT Weekly Training & Support

Lesson #79 The Force of Momentum

by Jim Katsoulis

What we're looking to do ultimately is to make weight loss easy. In order to make weight loss easy, what we want to rely on is not willpower; what we want to rely on is the force of our own habits, our own momentum to carry us forward. And that's what I want to talk to you about today specifically. It's the idea of momentum because it's a great way to accomplish what you want; it's a different approach.

Most people are used to some big event that motivates them. Maybe they see a picture of themselves or their pants don't fit or they step on the scale. Something big happens and they say, "That's it!" They get all fired up and they're on track for a little while.

That's fine, but that's usually short term and what we're always looking to do is to figure out how we can make this long term. What do successful people do long term? How do they do it?

And one of the forces that they use is the force of momentum because it's got its own energy to it. And so, instead of having to rely upon our own strength, our own focus, concentration, and energy, we can use the power of momentum.

And the way we use that is any little thing you do right, every time you say 'no' to a bad food, every time you say 'yes' to do something for an exercise or every time you say 'yes' to a food that is good for you, it's one little bit of momentum that's going to help you in the right direction.

And when you begin to think of it this way, it doesn't have to be this huge thing. It doesn't have to be 10 pounds that you lose. It doesn't have to be eating perfectly for a week. What you can begin to look at is any little thing you can do—it's not just doing the right thing; but it's one more thing you can do to use for momentum.

It's a mindset. It's a mindset that you're always looking for that little thing you can do to give you that feeling and that energy. And when you rely on this, it's a different part of yourself. Again, it's different than conscious willpower. It's this internal force, this internal energy and drive pushing you in a certain direction. And you'll see that you engage it every time you make a correct decision. Every time you do the right thing, you're going to engage that power of momentum.

Now, like I said before, I really can't emphasize this enough. It's not about huge things. For example, you can go to the gym and work out for an hour, but you can also say 'no' to a cookie. They're both big in terms of creating that sense of momentum of doing the right thing.

And if you could start to think of this, what you're looking to do, ultimately, is you're looking to string together as many things that give you momentum in the right direction as possible. That's the goal.

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And when you look at it that way, it's way easier than having to eat perfectly for a week because you could eat perfectly, and then screw up, and you could feel down. But if you could begin to think of it as, "okay, that's fine, I just screwed up something; but let me get back on track; let me get that momentum going in my direction again," if you look at it as little things, it's that little shift that can make all the difference in the world.

It doesn't have to be "Oh, I ate perfectly for two weeks, and then I screwed up. Now, I'm gonna eat perfectly for three weeks." It's not that way. It's each little moment. Every little moment is another opportunity for you to kind of turn it around.

There's a quote out of one of my favorite movies that every passing moment is another chance to turn it all around. It's that idea that we're shrinking things down intentionally to make it as easy as possible to get back on track and to play a mind game with yourself that you're looking to develop momentum. That's the idea here.

Saying 'no' to a cookie or saying 'no' to ice cream—it's not just one little thing you did and it doesn't matter. It's one little thing you did and now you say, "Well, that wasn't so bad; that was pretty easy to do. I don't have to say 'no' every single time, but I can say 'no' and it's pretty easy for me to do. And the more I do that, the better I feel, the stronger I feel, and the better about myself I feel. And the more I do that, the more my body is going to respond and begin to look different.

So, these are the things you're telling yourself. When you do make these little things, it's not just "So what if I said 'no' to a cookie? It's not gonna make any difference anyways." That's one way to use it.

But what we want to do is use every little thing we do to create a sense of momentum no matter what it is. It could be reading an article on nutrition. It could be looking on the web and watching a video about exercising. It could be the littlest thing. It doesn't even have to be you saying 'no' to a food or exercising. It could be something as little as listening to a hypnosis session or watching a video.

Anything that just puts your mind back on track is something that has the potential to give you that sense of momentum in moving in the direction you want. Thinking about how you want to look, thinking about how you want to feel—that's one more thing.

So, use this force. That's what I want you to think about this week. Think about this force of momentum. And you can reference other areas of your life or times in your life when you've felt the sense of momentum. It's that feeling of you don't need to concentrate; you don't need to think about it. There's some other force within you that's kind of taking care of it.

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And you want to remember what that feels like. Nurture that feeling and develop it specifically in this area because it's a much easier way to get the results you're looking for than white knuckling it all the time and having to constantly be focusing on everything.

Instead, we want to get that internal drive and internal momentum moving us in the direction we want to go so we can sit back, relax, trust ourselves, and have fun with our lives.

So, do that and think about this, this week. And I'll talk to you next week.

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