



PYT Weekly Training & Support

Lesson #81 **The Path of Least Resistance**

by Jim Katsoulis

What we're going to talk about this week is the philosophy of the path of least resistance. This is an idea and a philosophy, I think, that is profound because so often in our culture, the things that we want to achieve, we always assume that they're so difficult to get to; and we think that the way in which we're going to get to them is such a challenge and it's always a struggle. And this becomes, a lot of times, our way of thinking.

So, what I want to share with you here is this idea of the path of least resistance which when you start kind of using it and living by it can balance you out. Now, right off the bat, I'm not saying that you will always want to do the easiest thing. Sometimes, you need to struggle; sometimes, you need to work through things. But it, certainly, doesn't not need to be all of the time.

And so, if you're like most of us, we need to balance it out and we need to identify the path of least resistance more often in our lives in order to achieve more; and I'll tell you how that works.

For example, when we think about losing weight, we start thinking about strict diets; we start thinking about intense exercise or routines. And as we've talked about, these are big things that are great when you have lots of motivation. But once you lose the motivation for whatever reason, a lot of times, we don't have a back-up plan. So, it's all or nothing.

So, this idea here is that we begin to look for things that are very, very easy and simple to do and the more of them that we can find.

Remember RAS—reticular activation system. We see what we believe. Whatever car you have, you see that out on the road because it's just part of your reality. That car is important to you because you drive it; and, now, you notice it. You don't notice all the hundreds of other cars. You automatically notice that car.

It's the same thing with whether you believe things are going to be difficult or you believe they're going to be easy. So, the easier you believe things can be ... the path of least resistance, which option would that be? The more you look for it, the more you're going to find it. And the more you find it, the easier it is to do because, remember, we're not looking for the hardest workout because you always need to be motivated to do it. It's always kind of this 'get yourself boosted up to do it.'

In the path of least resistance, we're looking for things that are as easy as can be. How can I lose weight in the easiest way possible and in a way that's practically automatic?

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I could drink a little more water because that would fill me up a little bit. I could drink more water because it will help me digest food easier. I could say 'no' to that snack. I like the other one so I'm going to keep them for now, but I'm going to get rid of that one. It's the path of least resistance, the thing that is easiest to do; and as you begin looking for these little things, you're going to start creating a different reality for yourself in a completely different system for losing weight and keeping yourself healthy.

I could tell you that, for me, another thing that happens is there starts a chain reaction that you become aware of. So, it doesn't have to be one relationship away from it. What I mean by that is this.

When I first began doing yoga, it wasn't just that I stopped myself from eating bad foods. What I realized was that if I did yoga, it naturally caused me to crave bad foods less. So, I found that it was easier for me to do yoga and know that that was going to stop me from wanting bad foods than it was to not do yoga and trying to stop myself from eating bad foods. It's easier for me to get myself to do yoga at night than it was for me to get the willpower to stop myself from just eating bad foods with no yoga.

If I take a few minutes every day and just sit quietly—quiet my mind, quiet my body—that helps me make better decisions just naturally. It just does.

So, again, that follows along with that idea, the path of least resistance, the easiest thing to do. It's very simple for me to sit quietly. It's certainly easier than using all the willpower to stop myself from eating a lot of food. Again, it will give you a wider range of options, I believe, if you begin following this path.

Now, the other thing that begins to happen and this builds up over time ... as you start identifying and noticing that "well, that's easy to do; I'm gonna do that," the more you start thinking that way and you start looking for those things, sometimes, what happens is you start to realize and feel that losing weight really isn't that big of a deal because it's not. It depends on how you're looking to do it.

If you're looking to lose weight by following an extremely strict diet and a crazy exercise plan, then, it's very difficult; it's very challenging. If you're looking to lose weight by drinking more water, taking a walk at night, skipping the snack in the afternoon, if you do it that way, it's a lot easier.

So, you're not just influencing the specific behaviors that you're going to do; you're also influencing your unconscious long-term beliefs. And this is very important because if you think about losing weight and you think about how difficult it is, it can weaken your belief that it's going to even happen.

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And if you believe it's too hard and it's probably not going to happen, then, that's going to weaken your resolve, your motivation, the results that you get and the actions that you take.

Whereas if you believe something is relatively easy to do and you keep on doing it; it's simple; you can follow through because it's not hard; and you know you can do this long term because it's simple, comfortable, and easy to do, then, in your mind, you start believing "if I can keep doing that for a long period of time or forever, then, I'll be able to get the results I want and it'll be easy to maintain it and that will be an easy thing to do." And it starts to become more exciting because it starts to feel more real.

Again, one way to identify what I'm talking about here is by manifesting and by cultivating this sense of path of least resistance, doing the easiest thing possible. Oftentimes, this goes directly against what we are taught over and over again that "no pain, no gain" and everything worth achieving is very difficult.

There is a place for that. I'm not going to say everything easy is the only way to go. I'm not saying that. What I'm saying is that, oftentimes, we're way unbalanced and we're always thinking about things in a very difficult manner; and that creates all kinds of problems.

So, what I'm suggesting to you almost guaranteed is that by cultivating this sense of following a path of least resistance, it's going to most likely balance you out and begin to make you aware of alternative ways to get the results you want that you would never tap into before.

So, begin looking for them. What are the easy ways to get the results you want?

Now, the big difference here is that you have to give up a little bit on time initially. What I'm saying is extreme diet and extreme exercising will most likely give you results quicker. But what happens on the other side is that it might take a little bit more time to begin to get those results but they're way more sustainable, and that's the trade off.

The other trade off is this: Oftentimes, when people start thinking this way and start believing this way, the results actually start to speed up and there are a lot of weird reasons for this to happen but you ought to experiment and find out if you're one of those people.

Oftentimes, people get quicker results this way once they really believe it because magical things happen when you change your beliefs. But this is just one more way to change your beliefs in a very, very deep congruent way.

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Path of least resistance—what's the easiest way possible for me to lose this weight and to live the way I want to, and to have the body I want? And it doesn't have to be just one thing; it's multiple things.

It's water. I take a few minutes and I focus on my breath. That actually helps me. Again, it doesn't help me lose weight immediately but it helps me down the line. The more relaxed I am, the better food decisions I make; and the more deep breaths I take, the more relaxed I am. It's a few things away but it affects it and it's easier.

So, as we begin thinking of all the easy ways you can influence yourself, you're going to begin thinking differently.

So, that's what I want you to think about this week. Get it in your mind—path of least resistance, the easiest way possible. And do it in all the areas of your life just for a week. Just experiment with it. Notice how it feels because it's a life changer. It's a completely different way to approach things for a lot of people.

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

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