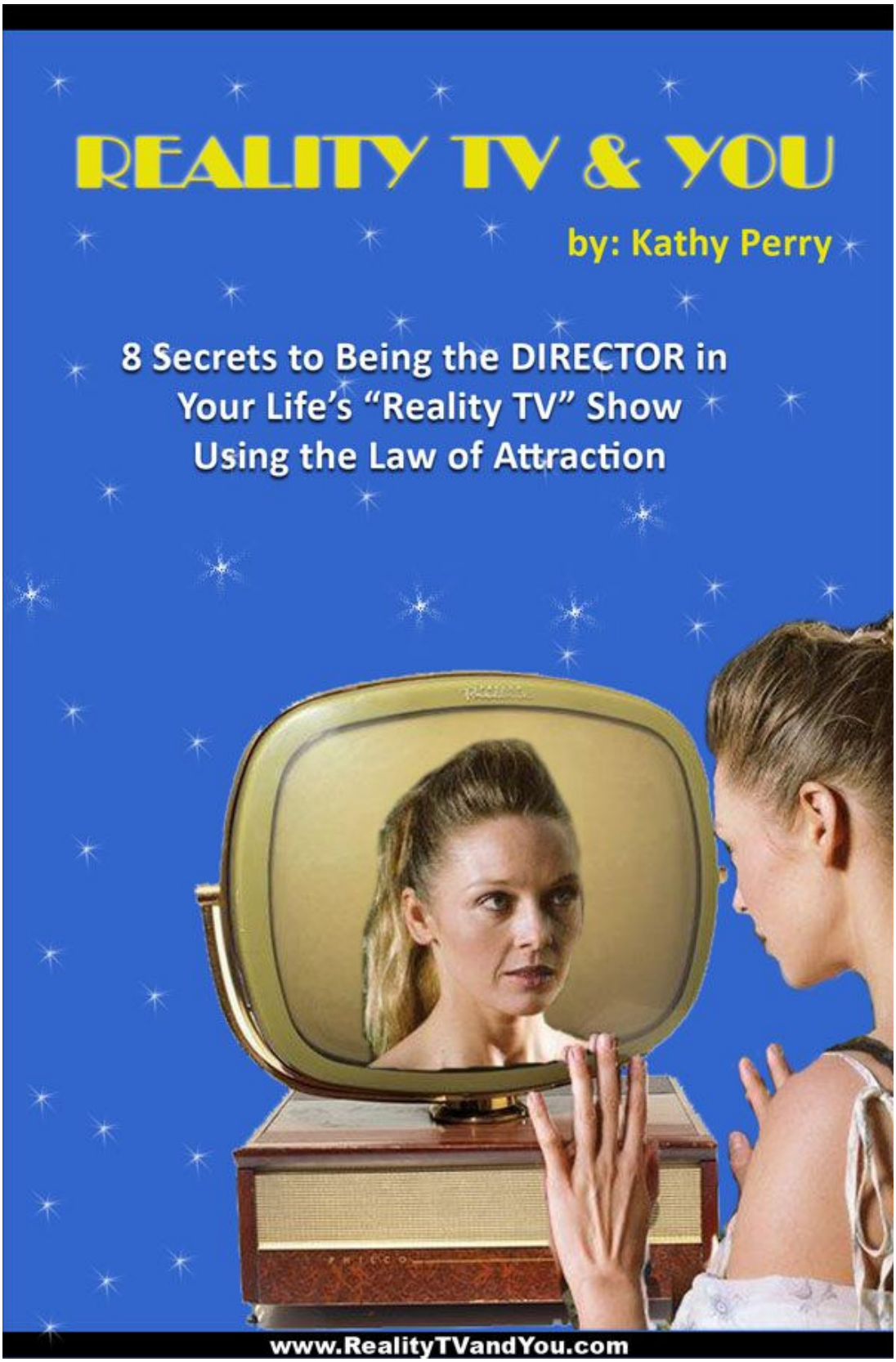


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What others are saying about:

"Reality TV & You – 8 Secrets to Being the DIRECTOR in Your Life's 'Reality TV' Show Using the Law of Attraction"

"Kathy knows her stuff. Her experience and passion to help people spills over in every contact she makes. I'm excited that she has finally put together this book/workbook that will allow you to get to know yourself and her better. You'll find answers that have been hidden and brought out only due to Kathy's talent. Enjoy!"
CSP Sheryl Nicholson, Top Rated International Speaker/Author
www.sheryl.com

"Kathy Perry has clearly explained the Law of Attraction by using the Reality TV Show easily understood framework. The workbook she has included as a Bonus is equally as helpful as the valuable information she shares! I'd recommend it to all my clients!"
Marcia Merrill, the Transition Chick
www.eCareerCorner.com

"Kathy Perry was the first to introduce me to the movie The Secret, a fact for which I am eternally grateful. And that's just the tip of the iceberg as to the positive influence she's been in my life since the first day we met. In fact, Kathy seems to always be on the cutting edge of whatever cool things are happening in the world---and especially things having to do with the Law of Attraction, my favorite subject! So it's no wonder she has now produced this fabulous eBook and Workbook... it's one thing to learn about LOA, and totally another to apply it to our everyday lives. Thank you, Kathy, for making it so easy!"
~Nancy Laine
"The Matchmaker"
www.Numberslady.Powerfulintentions.com

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"*This book is life changing. I've read other self-help books before, and was touched. However, this book 'Reality TV and You' - and Kathy Perry - goes way beyond, with these 8 secrets. They help you assess what you want for yourself and your life. I was really moved to take action on some things that I've left undone (and that is saying a lot coming from Ms. Take Care of Everyone Else).*"
Cheryl Hunter, 30-MinuteVacation Bath, Body & More
http://www.30-MinuteVacation.com

"What a brilliant analogy to remind us of our own reality! Reality TV shows have a new dimension for me now. Kathy hits the nail on the head with the power of The Mirror Factor! Its easy to relate to and a wonderful way to check your thoughts and emotions. Kathy's eBook and Workbook will inspire you to take back your power and get out of the victim 'poor me' role. I highly recommend this eBook and Workbook to anybody who is ready to become the director in their life."
Annette du Toit, Life Changing Coach www.Secret2LoveYourLife.com

"Yabbah! It'll hit you between the eyes with its simplicity! This workbook really helps you to make that cognitive leap from thinking - to recognizing the feeling, actually identifying the underlying emotion and changing the channel. Kathy Perry has really hit the nail on the head using this simple metaphor to explain The Law of Attraction. I loved this! I will recommend it to all my Juicy Woman clients."
Andrea Amador, The Juicy Woman
http://www.thejuicywoman.com

"Finding success has been elusive for many, but don't let it slip through your fingers. By taking to heart the Secrets in Kathy Perry's new e-book, you too, can become the Director in your own Reality TV and your future. Kathy's simple but relevant truths are essential to finding the path to your dreams."
Marcia Freespirit, CEO
JimSam Inc.

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REALITY TV & YOU

8 Secrets to Being the DIRECTOR in Your Life's "Reality TV" Show Using the Law of Attraction

By:

Kathy A. Perry

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Special Dedication

This book is dedicated to my children, Kirstan and Schaler,
and to my husband, Garry.

To Kirstan for making me look in the Mirror and face the truth in my life, for making me see when I was in the "victim" mode and for getting me to read life changing books. It took great courage for her to be a mentor to her mother. She kept pushing me out of my limiting beliefs.

To Schaler for helping me see how I was in a co-dependent role with him when we were both using food as our crutch and comfort zone, when he changed his whole life. Through tremendous courage he resisted the food comfort zone and dropped 90 pounds in 6 months, getting into great shape. He gave me courage to change myself.

To Garry for being so supportive of me while I have been on my journey, and for the many business mis-adventures he was tolerant of, while I was on my Path of experiencing. His love has been my rock.

Thank you all for your love and support.

I Love You,
Your devoted Mother and Wife

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A Note from the Author:

Dear Friend,

I wanted to personally thank you for buying my eBook and Special Bonus eWorkbook.

Although I've always been a student of personal development, and immersing myself over the last two years in learning how to enhance my own body, mind and spirit; watching The Secret was like finally receiving the missing puzzle pieces. The journey has been one of tremendous change, uprooting old belief systems that didn't serve me and replacing them with new ones to bring me inner peace, love and joy.

I am passionate about sharing my knowledge and experience with others along this journey of my life. As I've been learning and growing, I had a strong desire to share the many lessons I've learned with others.

One morning after meditation, as I sat writing my thoughts down, "Reality TV and You – 8 Secrets to Being the DIRECTOR in Your Life's 'Reality TV' Show Using the Law of Attraction" began to flow onto the paper.

It was such a clear metaphor to me in relating our lives to Reality TV. In essence we are all living our own Reality TV show every day – we probably just don't have a film crew following us around and recording our every moment.

Over the several weeks and months that followed more information flowed and I now present you with this personal development tool in the form of an eBook and Special Bonus eWorkbook, as a guide for you on your journey in creating a life filled with inner peace, love and joy.

Someone asked me, "Who are you to write this book?" and my answer is, "Who am I NOT to share this information I received from Spirit?"

Blessings and Success to you,

Kathy Perry

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QUOTE

"Once you have knowledge and do something with it, your life is never the same."

Kathy Perry

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Acknowledgements and Thanks

First and foremost I thank God for entrusting me with this message that I received by listening to the Spirit within. I am honored to be a messenger.

To my family, Mom and Dad, Nellie and Bud Bodmer, for always being there for me; my brother, Ken Bodmer, and my sisters, Carol Bonner, Brenda Martus and Dawn Maitland, for caring about me and loving me no matter what I do.

To my dear friends; Nancy Laine for helping me through those times of fear and doubt; Ingrid Zimmerman for sharing with me how to celebrate my life; Sheryl Nicholson for coaching me during my career transition; Kelley Rexroad for encouraging me to seek my passions; Venus Jones for inspiring me to live passionately; Rev. Dennis Allen for the energy healing work to get me grounded; Linda Lou Kearns for the guided meditations that took me back to heal early traumas in my life; Terez T. R. Hartman for the heart-centered inspiration; Jacqueline Hughes for the body talk that helped clear some childhood blockages; Barbara 'Willow' Rambow for buying the 1st copy of my book; Cheryl Hunter for the creativity in designing the cover; Aurelie Laurence for the bio feedback sessions that helped me stay healthy; Carol Cunningham for helping me prepare for the tough questions; Marcia Freespirit for inspiring me to keep going; Mary and Johnny Felicione for their steadfast support of me; and Tom Hanson for coaching me that I could do this on my own and I didn't need him as a co-author.

To all my Peak Performance Women friends that have been so supportive of me – thanks to Anne Marie Huggins for being one of my special cheerleaders! To my Millionaire Mind Intensive Mastermind group members who recognized how much I had changed – special thanks to Rachel Haviland for encouraging me to keep growing.

Finally, to my Product Factory Teammates, 'The Winners', for all your help as we worked on our projects together - special thanks to team leader Andrea Amador, accountability leader Marcia Merrill, and for the website support from Wambui Bahati, I couldn't have done it without you.

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And, of course…There is a WARNING

WARNING: DO NOT READ THIS BOOK IF YOUR LIFE IS PERFECT and you are not interested in making any changes in your life. This book was designed as a self-help tool for people that are in a growth mode and want to make positive changes in their lives.

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Reality TV & You

8 Secrets to Being the DIRECTOR in Your Life's "Reality TV" Show Using the Law of Attraction

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Introduction:

The 8 Secrets to being the Director in your Life's Award Winning Reality Television Show using the Law of Attraction, provides insight into how our life mirrors that of Reality TV and demonstrates how you are in control of what is playing out in your life.

If Your Life is like a bad Reality Television Show - Learn How to Change the Channel and Rewrite your Script!

With The Mirror Factor you are able to see the truth of what is happening in your life and by using the Law of Attraction, you are able to attract what you want in your life.

This ebook enables you to see your inner beauty so you can live life:

- YOUR way
- understanding the relationship your thoughts and emotions play in creating the script of your life
- recognizing what emotional channel you are on
- in control of your own remote
- knowing that you are scripting out what is happening on your own Reality TV show called Life
- As the Script Writer, Actor and Director
- Knowing that you can rewrite your script any way you choose

The question is: Will you write an Award Winning script where you will be the DIRECTOR in your Life's Reality TV Show? The choice is yours.

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1. Reality Television and You

According to Wikipedia, Reality Television is defined as: "a genre of television programming which presents supposedly unscripted dramatic or humorous situations, documents actual events, and features ordinary people instead of professional actors."

It further states that, the current explosion in popularity started around 2000 and that the recent reality shows offer little more than wild theatrics.

You can't turn on the television today without seeing a "Reality Television" show. There are so many that we can't begin to keep up with them all. A recent report stated that 30% of all television programming is Reality Shows. There are a couple television channels that are exclusively Reality TV – Fox Reality in the U.S. and Zone Reality in the U.K.

Reality TV shows now have spawned a whole series of websites dedicated to keeping you up to date on the programming schedules and what is happening in each episode. You'll find Reality TV calendars and sites for fans to get their questions answered about every aspect of the show. You can learn about the rules of a "competition" show or you can delve into the personal lives of the "Reality Stars". Some shows have produced weddings and others have caused divorces.

Fans also get involved in voting for the annual "Turkey Awards", you guessed it - for the worst shows. Television Editors are assigned to cover Reality TV shows, recapping episodes and keeping you up to date on those shows that are mega hits as well as the ones that are falling from grace.

And 2007 promises to bring you more – once the Networks figured out that people liked Reality TV and were drawn into the drama, they began to crank

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them out with cookie cutter precision looking for topics and niches to grab your attention.

The Networks are involving the audience and creating a more interactive audience experience to keep you attached to their shows, which translates into increased ratings and more advertising dollars.

Why do we like Reality TV so much?

One opinion I read is that we like voyeurism. However, I think it has more to do with the fact that we can relate to it. It's more real for us. We can picture ourselves in it, because we see ordinary people, spontaneously expressing their emotions just like we might do in the same situation.

It's not just for the average person anymore either, celebrities are jumping into the Reality TV phenomena also. Why is that? Regular television programming is down, since Reality TV is now 30% of all television programming and is continuing to grow. That has dramatically impacted the B-List celebrities in finding work. With less traditional scripted shows being produced, it means that there are less job opportunities for the actors. It has actually impacted the whole industry, not just the actors. The entire support structure from producers, writers, sound, lighting, costume, makeup, etc. has felt the impact. Reality TV shows are very low budget in comparison to regular television programming and doesn't include all the traditional trappings.

Celebrities are now cashing-in on the Reality TV show appearances. By making an appearance on a Reality TV show, they can get some free publicity and hopefully pick up new work on regular shows, in addition to getting paid for their appearance.

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The pay celebrities receive is based on how big the star is and the popularity of the show. The popularity of the show determines the advertising that supports the show. Celebrities get everywhere from $5,000 per episode the first season to $25,000 per episode for strong shows. There are of course exceptions when the show is a major hit and there are big celebrities involved, some have received $50,000 to $100,000 per episode.

We see every kind of Reality TV show, including people getting complete makeovers with plastic surgery, or losing hundreds of pounds at a weight-loss ranch and we think there is hope for us. We see people trying to win a million dollars in a race that is like a huge scavenger hunt and we believe we could do it. It is more real and creates a different experience for us, than the "escapism" we might experience when going to the movies.

What does it take to even get on a Reality TV show?

There are several websites devoted to Reality TV casting calls. Most of the websites offer free services to have you post your information on their site. That is one of the places a casting agent might look to find people for Reality TV shows. They also advertise with an "open call" for some Reality TV shows. Unlike regular programming with paid actors, it's less about your connections with insiders than it is the tenacity you have to keep trying. Reality TV Casting Directors are always looking for new faces.

As an average person on a Reality TV show what you might earn will vary based on the type of show. If it's a competition there might be a $1 million prize for the winners, but generally a few thousand dollars to be on a show is more the norm. They don't charge you a fee to try out for a show, but you do have to pay your own expenses to get to the auditions. There is an extensive application (photo, questionnaire, background information – they will do a background check), interview and elimination process for most shows. You can usually find the

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applications for the show you are interested in online. As part of your application process, you may also be required to produce a video of yourself. They know that this whole process is a disruption in your life and frankly they don't care. They've been making actors jump through hoops to land a part on a show since the beginning of television and that same process applies to Reality TV. If you want your 15 minutes of fame, then there is a price to pay for it.

Even Oprah is jumping into Reality TV and launching two shows; one will be focused on fulfilling wishes and the other on improving lives. This is a nice change from the many shows that are designed to humiliate and belittle people.

Let's face it, we all love the Cinderella story endings. Who doesn't want to have their fairy tales and fantasies come true? When we were growing up, we would daydream about all these fabulous things happening to us. As we got older, we were told to quit daydreaming and face reality. During that time, many of us lost our dreams and visions.

We didn't understand how the Law of Attraction ties into it. The emotions we are feeling are sending out vibrations into the Universe and act like a magnet for us. When we shut down our dreams and visions, we are also shutting down those vibrations in attracting those dreams and visions to us – essentially we are turning off our attraction power.

I grew up when the Elvis TV movies were popular. And I daydreamed about meeting Elvis one day. Of course, I too was told to stop daydreaming when I was young. Fortunately, when I was in the early part of my sales career they were teaching visualization techniques to enhance sales. So I would visualize the whole sales process before an appointment, including the objections and then the close of the sale. It worked great when there was positive energy in it. The key was the positively charged emotional energy behind the visualization.

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Because, if I had any doubts or negative emotions about a prospect, the visualization didn't work.

So now we have Reality TV and people are seeing their fantasies come to life through ordinary people. Reality TV has become a catalyst for awakening our fantasies and is giving us back some of our dreams and visions.

Remember hearing this, "Without a Vision, People Perish"?

We need our Dreams and Visions. We need to be Passionate about life. I recently read a wonderful book called "The Passion Test" by Janet Bray Attwood and Chris Attwood. You can also take "The Passion Test" online. If you haven't read it yet, it's a great book. I did all of the exercises as they suggested throughout the book and was able to really clarify my own Passions. Once I got clear on my Passions, I was able to quantify them with my Passion Markers (how I will know when I get there) and then get emotionally involved with them through my Passion Pages (how I will feel when I am there). So get the book and do the exercises to help create your own Passionate world!

There are many categories and subcategories for Reality TV listed in Wikipedia, but I just want to focus on the following three areas; Sex & Scandals, Competition and Makeovers.

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a. Sex & Scandals

On television in general Sex & Scandals has always been a big draw in getting you emotionally involved in a show. Reality TV adds a new dimension to it since you are relating to everything in a more personal way. Some shows have blatant sexual connotations and are very scandalous in their "unscripted acts".

Then there are shows that have off-camera scandals, like Paula Abdul and the American Idol scandal(s). Did she really have the affair?

As you are relating to a particular Reality TV show, you may be picturing yourself in a sex scene or you may be attracted to the scandals playing out before you. Have you ever been so emotionally involved in a show that you became aroused? I'm sure we all have.

As you are watching your favorite Reality TV show, pay attention to your emotions – see what it is that is exciting you or upsetting you. Become aware of it. This will help you identify your emotional triggers and you will use this information later as you work on rewriting your own Award Winning Script.

Go to the Workbook, make a list of all the Reality TV shows you watch that have sex and scandals in them and describe some of the emotions you are feeling and whether you are more drawn to the Sex or to the Scandals.

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b. Competition

There are many Reality TV shows based on Competition. You'll find there are shows with competition on talent, fashion, survival, cooking, dancing, beauty, pets, and on and on. I believe that American Idol was the mega hit show that began the proliferation of all the competition shows. They engaged the audience by having you vote for your favorite contestant.

We get caught up in the stories of the people and their personalities that are competing. We are fascinated with how they relate to each other and the situations they are involved in. We may be inclined to root for the underdog. We may express our dislike for the person that has a serious attitude. We might be shocked to see one team help another team, and then get eliminated from the race.

To put things in proper perspective, here is a response from one of the "Reality Stars" to a question from "Ask the Reality TV Experts" website;

"What is wrong with Beth on Real World Challenge?" from Beth in Connecticut.

While her response is a few paragraphs long in talking about the show, Beth Stolarczyk ends with:

"There is nothing wrong with Beth on "The Duel," because she gave MTV great ratings during sweeps. Hey, people, it's just TV, not real life." Beth Stolarczyk

There you go, the ordinary people on Reality TV have taken on the "Reality Star" status and let's you know that it's just TV, not real life!

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Think back to a time where you were in a competition. It could have been a sport you competed in at school, or a talent contest you entered. Or it could be when you were looking for your last job, that the competition was really tough. We are competing for things every single day.

When you think about your own personal competitions in life, how do they make you feel?

What is holding your attention when watching the Reality TV show? Is it the excitement of the competition? Is it the talent they display? Is it the personalities of the participants? Or is it purely the entertainment it provides?

Go to the Workbook, make a list of all the Reality TV shows you watch that involve some type of competition and compare your own personal competitions to what you are watching on TV. How did you feel during the competition? What emotions are coming up for you? Where are you putting yourself in the picture?

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c. Makeovers

There is a Makeover Reality TV show for almost everything. There are fashion makeovers, face makeovers, home makeovers, car makeovers, and the list goes on and on.

We love the before and after pictures and we want to believe that it can happen to us. We dream of going from the Ugly Duckling to becoming The Swan.

Although, I don't like the name of the show, on "The Biggest Loser", they have had success in filming people, at a weight-loss ranch, losing hundreds of pounds.

One of my friends' favorite shows is "Extreme Makeover" and she said that she gets so emotionally involved in the show that she cries when they come out at the end of the makeover as The Swan.

The problem that many people have when doing plastic surgery is that they still see themselves as the "before" picture, because they haven't changed the thoughts they have about themselves. They haven't worked on the internal or emotional issues involved in how they view themselves.

We always seem to be looking for someone or something else to fix us. We feel dissatisfied with our lives, with who we are and what we see in the mirror. We are continually searching for the answers outside of ourselves, when in truth our answers are always found within.

We have been programmed to believe that if we just fix this or that, our lives will be fulfilled and happy. We carry around our own big stick that we beat ourselves up with, thinking we aren't good enough, pretty enough or fashionable enough. And Reality TV does a real good job of ridiculing and humiliating people on some

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shows – it creates more drama (which may mean higher ratings and more advertisers for the show).

When we use The Mirror Factor, we see that the truth is these are just our own insecurities playing out in our lives. They make us question our own talents and abilities. Whenever we look outside of ourselves it becomes a journey of longing and searching that has no end.

What are your thoughts and emotions when you are watching the Makeover Reality TV shows? Are you putting yourself in the makeover role? How are you expressing these emotions? Does it make you happier or does more self-doubt creep in?

Go to the Workbook, make a list of all the Reality TV shows you watch that involve some type of makeover and write down your thoughts and emotions regarding Makeovers.

Did you know that you are creating your own "Reality Television" show every day with your thoughts and emotions?

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Let's explore your thoughts…

Become consciously aware of your thoughts all the time. Listen to what the little voice in your head is saying to you. You talk to yourself all day long. It is the voice that is either lifting you up or putting you down – reminding you of how wonderful you are with positive thoughts of self, or reminding you of how worthless you are with negative thoughts of self.

For example, you may have been told that you weren't very smart in math by a teacher or a parent when you were a child. You believed it to be true and for your whole life you have carried the belief that you "aren't good at math or numbers" into every job you've had or into your personal finances. It became your story because of a belief that may or may not have been true. They might have just been having a bad day and took it out on you.

Do you beat yourself up or do you build yourself up?

What is that voice in your head saying to you? Our programming has us saying things like:

That was stupid of me.
I can't do it.
I'm not good at that.
I hate the way I look.
If only they would love me.
I don't like this.
Someday, I'll be like that.
I wish I looked like that.
If I buy this, then I'll be like them.

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One of my favorite books on this subject is "What you Say When You Talk to Yourself" by Shad Helmstetter, Ph.D. I followed his suggestions in the book and recorded my own personal tapes from the scripts in his book and listened to them before going on sales calls. It's a very powerful thing to do.

Something that will help you out of the "Beat Yourself Up" mode is to make a list of all your talents and accomplishments – every award you've won, every achievement and goal you've reached – from early childhood until now. It should be a very long list. There will be a shift in your emotional state and suddenly you will be seeing yourself through different eyes. You'll realize that you are an awesome and talented individual.

Go to the Workbook and make a list of all your talents, awards and accomplishments.

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Your thoughts are very powerful!

Your thoughts shape your emotions, which then become your reality. Thoughts are things and your emotions put them into action.

Has someone ever mentioned a restaurant to you that instantly brought up a memory of a wonderful dinner you had there and you could almost taste the food again with just the thought of it? Or the thought of someone that hurt you in the past comes to your mind, and you can feel the anger rise within you. Or the thought about the love you feel for someone and your heart wants to burst with the joy you feel with just that thought.

By using The Mirror Factor, you will be able to see the connection of your thoughts to your life. You have the ability to write your life's script any way you choose.

Go to the Workbook and write down the thoughts you have about yourself.

Do you like the script you are writing now?

You are creating your life's Reality TV show with the choices you make every moment through your thoughts and emotions.

When you change your thoughts, you change your life. This is how you can become the DIRECTOR of your own Life's Reality TV show.

SECRET #1:
Your thoughts and emotions are the script for what is playing out in your life.

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2. Your Emotional Channels

Just imagine that you are like a television set with about a hundred channels. Let's assume you have cable or a satellite dish and each channel is named with a different emotion.

Picture in your mind all the different emotional channels you have on your television set of life. We don't realize that we could have that many emotional channels, but we do.

You have Emotions that **SERVE** you and Emotions that **DIS-SERVE** you!

What do I mean by emotions that **Dis-Serve** you?

Let's look at a few emotions and we'll explore where they might take you;

insecure, inadequate, insignificant, inferior and isolated.

Do these emotions bring you towards your goals in life or do they make it harder for you to get there? I'm assuming of course that your life goals include being happy. Emotions like these could cause you to spiral further down into fear, anger or depression. If you are feeling these emotions are they bringing you closer to or further from your life's goals of being happy? These emotions aren't serving you.

I've listed some of the emotions out for you, after Secret # 2, so you can picture a wide range of them. This list represents many emotions, and is not a complete list by any means.

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You'll notice that some of these emotions serve you and some dis-serve you or fail to serve you.

What Emotional Channels are you on today? Look at the list on the next page and go to the Workbook and write down all of the emotions that you are feeling now – in this moment.

Are they serving you well in your life?

SECRET #2:
You have emotional channels that serve you in life and you have emotional channels that don't serve you.

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Emotions that Serve You	**Emotions that Dis-Serve you**
Peaceful	Sad
Happy	Fear
Joyful	Scared
Powerful	Mad
Excited	Anxious
Cheerful	Insecure
Energetic	Submissive
Creative	Helpless
Hopeful	Rejected
Sensuous	Confused
Aware	Critical
Proud	Hateful
Respected	Selfish
Appreciated	Angry
Important	Hostile
Faithful	Hurt
Daring	Overwhelmed
Fascinating	Embarrassed
Stimulating	Inadequate
Amused	Insignificant
Playful	Discouraged
Optimistic	Bewildered
Content	Tired
Thoughtful	Bored
Intimate	Lonely
Loving	Depressed
Trusting	Ashamed
Nurturing	Guilty
Surprised	Skeptical
Successful	Irritated
Worthwhile	Jealous
Valuable	Frustrated
Discerning	Sarcastic
Confident	Distant
Thankful	Remorseful
Secure	Stupid
Responsive	Inferior
Relaxed	Isolated
Serene	Pathetic
Pensive	Sleepy

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3. What Channel are you on?

You launch your dreams or nightmares every day with your thoughts and emotions. What dreams or nightmares are you living right now? Our minds are super computers and they are continuously recording every input that is happening around us. Every sound we hear, even the background noise we aren't paying attention to, is being recorded. Everything we see, including what we see on TV or at the movies, again even if we aren't paying attention to it, is being recorded. All of our senses (touch, smell, sound, sight and taste) are recording data.

We have all this data that has been recorded into our minds and we begin to create stories with our thoughts. One thought leads to another thought and another and another and pretty soon you have created this whole story about something. Your story is the collection of all these random thoughts and you form an opinion or theory about the data you have been collecting from all of your senses.

Your story now has a series of emotions attached to it that may be positive or negative. These emotions may serve your or dis-serve you. Now you are emotionally involved with your story and there is a good chance that it may not be serving you.

There may have been something on the news about a neighborhood break-in, which brings up thoughts about being in an unsafe neighborhood and another thought pops up that we need to lock all the doors and another thought pops up about the children not being safe, and suddenly your thoughts have created a story which has evoked emotions of FEAR. Just one little thought gone wild can create the emotion of fear and now you're on the FEAR Channel!

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As each thought is creating an emotion, you have just switched to a different channel.

And as your thoughts are triggering the change to another channel, you are creating the television scenes of your life by whatever thoughts you are projecting.

You can quickly see what emotional channel you are on by checking your Mirror Factor and asking yourself:

"Is this emotional channel serving me or dis-serving me?"

SECRET #3:
Throughout each day, you are constantly changing emotional channels with your thoughts.

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4. Who's got the Remote?

Here comes the tricky part – who's holding the remote control? Do you have it? If you do, that means that you are able to change channels when you recognize the effect that your emotions have on your life.

Or……..

Does someone else have the remote control and are they pushing your buttons to change your emotional channel? When you allow someone else to hold your remote and push your buttons, it is also causing you to change emotional channels and puts you in the "Victim" role. You now feel like saying, "It's their fault. They are causing it." It is so much easier for us to blame someone else for what is happening. He who holds the remote has the power!

You have the power to control your own remote!

By controlling your thoughts and emotions, you maintain control of the remote.

Take it back if someone else has it.

Also, if you're pushing the buttons on someone else's remote control,

Give it back to them – it's theirs.

It will not get you closer to your dreams and goals by trying to handle (or possibly manipulate) other people's remote controls. You can only be holding 1 remote at a time – yours or theirs. When you are holding onto someone else's remote control, you're in their business and not minding your own, which means that you aren't holding onto your own remote and you just lost your signal. That's not a good thing – you need your signal in order to connect to your dreams and goals.

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One of the greatest challenges we have is staying in our own business and holding on to our own remote. I can remember growing up and hearing my Grandmother say "That's nobody's business but their business." She was a very wise woman.

Let's face it, we all love to talk about what's happening with all our friends and family (or you might also refer to it as gossip). One of the dangers of gossiping is that we are giving it more energy. It's like adding more fuel to the fire or fanning the fire to make it grow. Be careful what you speak – remember your words are very powerful. Don't give energy to things you don't want more of or magnified.

Let's explore what is happening with your REMOTE, go to the Workbook and write down your experience on the following statements:

I am holding my own remote and I am feeling:

Someone else is holding my remote and I am feeling:

I am holding someone else's remote and I am feeling:

SECRET #4:
You can stay in control of your remote by controlling what emotional channels you are on.

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5. Your Emotions & The Universe (The Law of Attraction)

It is very important to understand The Law of Attraction, since every moment you are either sending out a positive or negative signal or vibration through your emotions, that come from your thoughts, which come from your words. That signal or vibration is what is attracting to you the results that you are getting.

The movie, "The Secret", illustrates this very well and watching it has had a profound effect on my life. It was like someone finally gave me the missing puzzle pieces.

Let's talk a little about RESULTS. I want to set the record clear here that when we are talking about the results in our lives, we are not just referring to material and physical things (i.e., car, home, boat, diamonds, vacations and other toys). Your results might mean internal growth, where all of your erroneous belief systems about yourself are being uprooted and changed. These old belief systems may have been keeping you from achieving or coming into your own power. You are becoming a new person from the inside out.

For additional clarity on the Law of Attraction, please read "Ask and It Is Given – The Law of Attraction" by Esther and Jerry Hicks (The Teachings of Abraham) and Michael J. Losier's book, "Law of Attraction, The Science of Attracting More of What you Want and Less of What You Don't". They do an excellent job of explaining the science behind the Law of Attraction.

Whatever you FOCUS on you Attract…

Let's talk about what is happening in the Universe when you are flipping emotional channels from ones that serve you to ones that dis-serve you. In other words, when you are on the emotional rollercoaster of life, you are actually interrupting the flow of your life's script and there is no continuity.

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What do I mean by "interrupting the flow of your life's script"?

Let's say you are looking for a new job. You check the want ads in the newspaper, but get discouraged when you don't see what you are looking for. You finally find an ad that is worth responding to and you're excited about the possibility it holds for you. Then you get discouraged when you don't hear back right away. You begin to question your own qualifications and start to devalue your talents.

Here's what just happened in the Universe according to the Law of Attraction:

Excited about a new job	(job is on it's way)
Discouraged about ads	*(pushed job away)*
Excited about job opportunity	(job is on it's way)
Discouraged didn't hear yet	*(pushed job away)*
Question self – question value	(pushed job further away)

You are starting and stopping the flow.

The Universe can't deliver your goals and dreams to you if you are constantly flipping channels to emotions that dis-serve you or are fear based.

Go to the Workbook and describe those situations in your life that you are starting and stopping the flow on regarding the following areas: The Physical you, The Emotional you, Your Work/Career, Your Relationships, Your Finances, and Your Health.

The Law of Attraction is working every time you flip the channel. I highly recommend that you watch the movies, **"The Secret"** (www.thesecret.tv) and **"What the Bleep"** (www.whatthebleep.com) to learn more about the Universal Laws and the Law of Attraction.

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And I don't mean just watching them one time. I went to the movie theatres and watched "What the Bleep" 3 days in a row. It was so amazing to see such a complex subject like "Quantum Physics" be explained so simply. Then when "The Secret" came out, I ordered the DVD and kept it playing over and over again in my home – I think I played it at least 17 times in the first few weeks. I wanted to "marinate" myself in the teachings. Remember earlier when we talked about how our minds record everything, well I decided instead of having the news on, it would be better to keep playing "The Secret" so that I would be recording it on a subconscious level.

A truth: INPUT = OUTPUT = INPUT = OUTPUT . . .

Whatever you are projecting with your thoughts and emotions is what is being reflected back to you in your Mirror of Life. It is what's playing on the big screen of your "Reality Television" show.

When you are flipping emotional channels, you are starting and stopping the momentum of the good things you want to come into your life, consequently your "Reality Television" show reads like a bad script or a soap opera with all the added drama.

SECRET #5:
Your emotions are attracting whatever is happening in your life.

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6. You're the Script Writer, Actor and Director!

Create the "Reality Television" show that brings you what you want in life by constantly checking to see what emotional channel you are on.

If it is NOT bringing you closer to your goals and dreams, then immediately change the channel and rewrite the script.

How can we rewrite our own script, when so much of our lives seem to be out of our control? We might have some old scripts or reruns that keep popping up from some of the erroneous data that we have recorded and collected over the years. To clean out the old scripts or reruns that don't serve you, acknowledge that you no longer need them in your life and replace them with positive new scripts that do serve you and are reflective of your goals and dreams.

Let's clean out your old scripts – the ones that don't serve you. Go to the Workbook and make a List of the negative thoughts, emotions or things in your life. This is a great exercise to really dig out the things that are bothering you.

Now, we need to focus on what we DO want in our lives, rather than what we DON'T want. The choices you make every moment of every day determine whether you are living in the Negative or in the Positive. **YOU CAN CHOOSE TO BE and LIVE IN THE POSITIVE!**

Now go to the Workbook and REWRITE it as a Positive Script:

Whatever we focus on we draw to us.

By taking control of our own thoughts and emotions we can dictate how we live our lives and we are then rewriting our script of life.

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Go to the Workbook now and make a list of what you DO want in your life. What are your dreams and visions? You should need several extra pages for this.

I was privileged to hear Mark Victor Hansen speak at a convention several years ago, and he said to make a list of 101 Goals (things we wanted in our lives, including things we wanted to do and places we wanted to go) and to do it in 20 minutes. Since he's the master, try it and see if you can do it. It took me longer than 20 minutes. How long will it take you?

Once you have written your list, give it energy; bring it to life; see yourself with it – visualize it! Create your Visions and Dreams with it! Allow it to Expand and Grow!

A powerful way to give it Energy is with GRATITUDE!

Showing gratitude for what you have in your life right now, let's the Universe know that you are grateful and deserving of receiving more. If you are ungrateful for what you currently have, then why should the Universe give you more?

Oh, by the way, if you are having the thought that someone else you know is getting stuff in their life and you're not, then **STOP** right there – you are in their Business. And if you are in their business, you are not taking care of yours and you still won't get any more.

See the Beauty and Magnificence all around you – nature is a good place to start (be grateful for the air you breathe, the water you drink, etc.), then go to yourself and the miracle that you are (be grateful for the inner workings of your body that allow you to see, hear, touch, smell and taste things), then continue on to your friends and family and other things that you are grateful for in your life.

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Go to the Workbook now and make a list of everything you are grateful for – this should be a very long list.

Check your Mirror Factor and ask yourself these questions:

Am I on an emotional channel that **SERVES** me?

Am I in charge of my own remote?

Am I attracting what I want in my life?

If you answered, Yes to the questions above, then you can…

As the Script Writer, write the script you want.

As the "Award" winning Actor, stay on the script you want.

As the Director, control the emotional channels you are on and direct your own Life's "Reality TV" show.

SECRET #6:
You are the script writer, actor and director in your life's "Reality TV" show. Only you can take back the control and live your life as you choose.

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7. Using The Mirror Factor

Remember to always use The Mirror Factor to help you determine what is happening in your life. Your mirror factor will reveal to you what you are projecting to the Universe through your thoughts and emotions.

What is The Mirror Factor?

The Mirror Factor is a way to find your truth in that which is - you might call it your truth guidance system. The mirror reveals the truth of what you have created with your thoughts. It's a journey into you, facing yourself and coming face to face with who you are. Can you see what it is telling you?

The mirror is your tool to clearly identify those thoughts and emotions that are causing distress in your life. You must first recognize and acknowledge what is happening before you can change it. If you don't identify the truth so that you can make a change, you will keep attracting what you've always been attracting.

Having this information, will make you more aware of what effect your thoughts and emotions have on your life in the choices you make. It will give you a huge advantage in taking the steps towards making a change.

The fairy tale goes like this:

Mirror, Mirror on the Wall, Who's the fairest one of all?

Life isn't about who looks the best or who has the biggest house or the fastest car (even though the advertisers would like to keep you in that game), but rather it's about finding out your truth in where you are with Peace, Love and Joy in your heart and in your life. That includes being happy with who you are. That means loving yourself so you can love others. That means having joy in your life because you are alive and breathing the air around you.

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So your fairy tale should go like this:

MIRROR, MIRROR ON THE WALL, reveal to me my Truth in all.

Go to the Workbook and describe what you see in the mirror.

Many times our ego will get in the way. This makes it difficult to look at things objectively. When our egos get in the way, we get static in our life and that makes it really difficult to see the emotional channels that serve us. That's often when we resort to the fingerpointing. After all, isn't it always so much easier to blame someone else instead of taking responsibility for it ourselves.

If you look in the mirror and see "Victim",

then you must examine all your thoughts and emotions to reveal the truth behind it. This is not easy but it's essential if you want something different in your life.

You may not even realize that you are in the Victim role – I didn't. I would get on my soapbox and complain about this or that, and how it was always somebody else's fault, not mine. I would come up with a hundred reasons or excuses why something didn't work out.

But when you really come right down to it, I just hadn't taken responsibility for my own actions and had easily slipped into the Victim role without even realizing it.

We've all heard that the definition of insanity is "Doing the same thing and expecting different results."

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Or as my daughter so eloquently said it, "Mom, you keep jumping off the same cliff." Change cannot occur if we can't see that we are still jumping off the same cliff. So sometimes we may need to listen to what others are saying, if our mirror is too foggy to see the truth ourselves.

I am so blessed that my daughter motivated me to grow and wouldn't let me stay in my own Victim role of self-pity for very long – she would stop me in my tracks when I would start complaining about something and say, "Mom, you're playing Victim again and it really doesn't become you." Or "Mom, STOP IT! QUIT being a Victim!" This was very difficult for me. My daughter was my mirror, reflecting back the truth I needed to see.

When we find ourselves indignant or trying to justify why we are right, then we really need to look into the mirror and see what truth the mirror is reflecting back to us. So many times, I wanted to argue the point because I knew I was "right", but there is a saying, "You can be right or you can be happy." I choose Happy!

Now go to the Workbook and describe what others see you reflecting to them.

Don't be too hard on yourself here, change doesn't happen overnight. Because we change gradually, we don't notice the changes that are taking place in our lives. Others do however. Have you ever had someone that you haven't seen for several months come up to you and say, "Wow, you look great, you've lost some weight." But you never noticed since it was gradual and was only a few pounds. You couldn't see the difference, until they pointed it out.

The same is true in our personal growth. I recently had that happen, where someone I hadn't seen in almost a year said to me, "You have really changed, you are an entirely different person from who I met a year ago." And she was right. I didn't notice it because it was a gradual change. I had been turning my life upside down and pulling out all of those erroneous beliefs that were limiting

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me. It has been a slow and long process, but I am becoming a new person. Once you have knowledge and do something with it, your life is never the same.

You must see or identify what's happening in your life so that you can make changes, or you will keep attracting the same things you've always been attracting.

Note: You are creating your life exactly as you scripted it.

Is it what you want? You hold the keys – you have the power and choice to change and create the life you want.

If not, then you need to consciously change your emotional channels to those that serve you in attracting what you do want in your life.

SECRET #7:
The mirror reveals the truth of what you have created with your thoughts and emotions.

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8. Rewriting Your Script <u>Example Exercise</u> – The Physical You:

Here is an example Exercise on how to rewrite your script. There are blank sheets in the Workbook for you to fill out on The Physical You, The Emotional You, Your Relationships, Your Work/Career, Your Finances, Your Health and a fill in the blank one. Make extra copies of these sheets and fill them out for anything and everything that is not SERVING you or bringing you closer to your dreams and goals. You might need several worksheets on your relationships.

Use The Mirror Factor to reflect the truth. What do you see in the Mirror? Identify it – Describe it:

When I look in the mirror, I see that I am overweight. The bulges that stick out when trying on my clothes make me self-conscious about my appearance. I'm afraid people will make fun of me for being overweight.

What Emotional Channel are you on? (Check the list and write down all the emotions that apply.)

I am feeling self-conscious, insecure, inadequate, embarrassed, discouraged and ashamed.

Is it Serving or Dis-Serving you? (Check the list of Emotional Channels) Identify if – Describe it:

These emotions are Dis-Serving me. They only bring me down. They do not serve me at all. They do not make me happy.

Law of Attraction – What are you attracting? Identify it – Describe it:

These emotions are attracting more negative responses. People do make fun of me or talk about me. I am so focused on my weight, that I'm eating more and gaining more weight. I am attracting more of what I don't want in my life.

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Rewrite the Script on your "Reality Television" show – Change the Emotional Channel – Describe it:

When I look in the mirror, I love and accept myself just as I am. I don't need anyone's approval to accept myself as I am. My weight has nothing to do with my heart or my intelligence. It is what it is. Because I don't need anyone's approval, I have no fear or concern about their opinions. I am free of the emotions that were dis-serving me. I focus on the emotions that serve me. I am now attracting that which I want in my life. I choose to rewrite the script of my life's Reality TV show to one that serves me and brings me closer to my dreams and goals.

SECRET #8:
You can rewrite your script any way you choose, to attract what you want.

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REALITY TV & YOU

8 Secrets to Being the DIRECTOR in Your Life's "Reality TV" Show Using the Law of Attraction

SECRET #1:
Your thoughts and emotions are the script for what is playing out in your life.

SECRET #2:
You have emotional channels that serve you in life and you have emotional channels that don't serve you.

SECRET #3:
Throughout each day, you are constantly changing emotional channels with your thoughts.

SECRET #4:
You can stay in control of your remote by controlling what emotional channels you are on.

SECRET #5:
Your emotions are attracting whatever is happening in your life.

SECRET #6:
You are the script writer, actor and director in your life's "Reality Television" show, only you can take back the control and live your life as you choose.

SECRET #7:
The mirror reveals the truth of what you have created with your thoughts and emotions.

SECRET #8:
You can rewrite your script any way you choose, to attract what you want.

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About the Author:



Kathy Perry
Author, Speaker & Consultant

Kathy Perry is an author, speaker and consultant. As a speaker, Kathy brings the message of "Reality TV & You" and "From Internship to Career" to Colleges and Universities. As a consultant, Kathy offers sales and marketing mirror consulting services to small and mid-size businesses. She created "The Mirror Factor, a Reflection into Your Business" Assessment Workshop as a way to help her clients see and make adjustments to those areas in their business that are out of alignment. (www.KathyPerry.com)

Kathy is also the Founder of PeakPerformanceWomen.com, a website dedicated to women as an online mentoring resource with a focus on enhancing body, mind and spirit. (www.peakperformancewomen.com)

She has been a frequent guest lecturer at the University of South Florida and has had an internship program with USF that spanned the past 10 years. Kathy shares her knowledge and experience through motivational and educational seminars, workshops and speaking engagements. She leads several MasterMind groups and is passionate about mentoring women and college students.

Kathy has been honored with numerous awards throughout her career and most recently was named a finalist for the Tampa Bay Business Journal 2006 Business Woman of the Year Awards. In 2002, Kathy was honored by the Tampa Chamber of Commerce as Outstanding Business Leader of the Year Finalist. Kathy was also interviewed in December, 2006 on World Talk Radio for Sheryl Lynn's "One Million Celebrating" radio show.

Kathy has over 20 years of business experience, and has held several executive level positions including, VP of Sales & Marketing and Senior Vice President with information technology companies.

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