REALITY TV & YOU

by: Kathy Perry

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

WORKBOOK



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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

"*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*

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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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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; Jacqui Linder 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 THE BOOK OR USE THIS WORKBOOK 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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(The Legal Stuff)

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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

WORKBOOK

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

1. Reality Television and You

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. This will help you identify your emotional triggers and you will use this information later as you work on rewriting your Award Winning Script.

a. Sex & Scandals

Make a list of all the Reality TV shows you watch that have sex and scandals:

_____
_____
_____
_____
_____
_____
_____

What are some of the emotions you are feeling: _____

_____
_____
_____
_____
_____
_____
_____
_____
_____

Are you more drawn to the Sex or to the Scandals (be honest here):

_____
_____
_____
_____
_____
_____

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b. Competition

Make a list of all the Reality TV shows you watch that involve some type of competition:

Compare your own personal competitions to what you are watching on TV, describe them.

How did you feel during the competition?

What emotions are coming up for you?

Where are you putting yourself in the picture (as the winner, loser or spectator)?

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c. Makeovers

Make a list of all the Reality TV shows you watch that involve makeovers of some type:

_____
_____
_____
_____
_____

What are your thoughts and emotions when you are watching the Makeover Reality TV shows?

Write down your thoughts and emotions regarding Makeovers:

_____
_____
_____
_____
_____
_____
_____

Are you putting yourself in the makeover role? What do you want to makeover?

_____
_____
_____
_____
_____

How are you expressing these emotions?

_____
_____
_____
_____
_____

Does it make you happy? Or does it create more self-doubt?

_____
_____
_____
_____
_____

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Let's explore your thoughts…

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

Write down your thoughts about yourself. What is that voice in your head saying to you?

I am _____

I am _____

I am _____

I am _____

I am _____

I'm not _____

I'm not _____

I'm not _____

I'm not _____

I'm not _____

I like _____

I like _____

I like _____

I like _____

I like _____

I don't like _____

I don't like _____

I don't like _____

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I don't like _____

I don't like _____

If only _____

If only _____

If only _____

If only _____

If only _____

Someday _____

Someday _____

Someday _____

Someday _____

Someday _____

Now make a list of all your awards, achievements and accomplishments from early childhood to today (this should be a very long list):

_____
_____
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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

What Emotional Channels are you on today?

Look at the list on the next page and write down all of the emotions that you are feeling now and describe them:

I am feeling: _____

I am feeling: _____

I am feeling: _____

I am feeling: _____

I am feeling: _____

I am feeling: _____

I am feeling: _____

I am feeling: _____

I am feeling: _____

I am feeling: _____

I am feeling: _____

I am feeling: _____

I am feeling: _____

I am feeling: _____

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?

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

Write down how you are changing emotional channels throughout the day:

_____ Emotional Channel:

_____ Emotional Channel:

_____ Emotional Channel:

_____ Emotional Channel:

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_____ Emotional Channel:

_____ Emotional Channel:

_____ Emotional Channel:

_____ Emotional Channel:

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

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4. Who's got the Remote?

You have the power to control your own remote! It's your choice.

Let's explore what is happening with your REMOTE, write down your experience:

I am holding my own remote and I am feeling: _____
_____
_____
_____
_____
_____
_____
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_____

Someone else is holding my remote and pushing my buttons. I am feeling:
_____
_____
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I am holding someone else's remote and pushing their buttons. I am feeling:
_____
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Remember, you can only hold one remote at a time.

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)

Describe the situations in your life where you are starting and stopping the flow of the Law of Attraction, in the following areas:

The Physical you:

The Emotional you:

Your Work/Career:

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Your Relationships:

Your Finances:

Your Health:

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!

Let's clean out your old scripts – the ones that don't serve you. List all the negative thoughts, emotions or things in your life (use a separate sheet of paper for these):

Negative thoughts:

_____
_____
_____
_____
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Negative emotions:

_____
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Negative things in your life:

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Now take these Negative thoughts, emotions and things you wrote down on a separate sheet of paper, wad them up and throw them in the garbage or burn them!

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Now REWRITE those thoughts, emotions and things as a Positive Script:

Positive thoughts:

_____
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Positive emotions:

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Positive things in your life:

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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!

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Whatever we focus on we draw to us.

What DO you want in your life? What are your Visions and Dreams?
Make a list of what you want in your life (try writing 101 goals in 20 minutes):

Now that you've written your list, give it energy; bring it to life; see yourself with it – visualize it! Create Visions and Dreams with it!

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Give your Dreams and Visions POWER with GRATITUDE!

Make a VERY LONG list of everything you are grateful for (hints: nature, you, friends, family, pets, stuff, life in general):

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Keep writing what you are GRATEFUL for – you're not done yet:

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.

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7. Using The Mirror Factor

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

Describe what you see in the mirror?

Do you see yourself in any "victim" roles?

Describe what you see regarding relationships or situations where you want or need approval from someone else:

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Describe what others see you reflecting to them (foggy mirror):

_____
_____
_____
_____
_____
_____
_____
_____
_____

Describe what situations in your life are reflecting back to you:

_____
_____
_____
_____
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_____

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.

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 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.

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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Rewriting Your Script Exercise – The Physical You:

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

_____
_____
_____
_____
_____
_____

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

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

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

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

_____
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Rewriting Your Script Exercise – The Emotional You:

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

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

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

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

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

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Rewriting Your Script Exercise – Your Relationships:

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

_____
_____
_____
_____
_____
_____

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

_____
_____
_____
_____

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

_____
_____
_____
_____

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

_____
_____
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_____
_____

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

_____
_____
_____
_____
_____
_____
_____

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Rewriting Your Script Exercise – Your Work/Career:

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

_____
_____
_____
_____
_____
_____

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

_____
_____
_____
_____

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

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

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

_____
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Rewriting Your Script Exercise – Your Finances:

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

_____
_____
_____
_____
_____
_____

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

_____
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_____

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

_____
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_____

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

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

_____
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Rewriting Your Script Exercise – Your Health:

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

_____
_____
_____
_____
_____
_____

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

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

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Rewriting Your Script Exercise – Your _____:

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

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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 & Mentor

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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