

PRIMAL POTENTIAL PRESENTS

10 POWERFUL QUESTIONS

TO HELP YOU
BE MORE
CONSISTENT



PRIMAL
POTENTIAL

Introduction

Do you feel like if you could just be consistent, everything would be easier? You're right!

If you feel like you are super inconsistent, I want to help you get out of your own way.

I don't want you to keep feeling like "life" just gets in the way or your motivation disappeared and now you're out of luck. I don't want you to have another week of frustration or shame.

Let's end that cycle of failure TODAY. Consistency is key to reaching your goals, but it doesn't have to be so hard!

The questions below will help you make some simple mindset shifts so that you can be more consistent as you work to create change in your life. Use them to reflect on why you struggle with being consistent and allow them to help you practice consistency—today!

The Why

If you're wondering why asking questions is important, consider this quote:

"I do not fix my problems. I fix my thinking and the problems fix themselves."
- Louise Hay

Have you ever felt like YOU are the thing in your way?

You know what to do, but in moments of frustration, fatigue, stress or emotion, you just don't DO them?

You can talk yourself out of every good idea and into every "bad" idea, right?

- "I'll start tomorrow"
- "This one thing won't hurt"
- "Honestly, I don't even care anymore..."

Like the quote above says, when we fix our THINKING, our problems fix themselves. Of course that begs the all-important question:

HOW do we fix our thinking?

One of the simplest ways also happens to be the easiest to practice AND the most effective:

Ask better questions.

Often, we clutter our mind with well-practiced soundbites that are partial truths or even outright lies!

We can use questions to challenge the accuracy and completeness of our thinking.

Almost all misunderstanding could be avoided if we took the time to ask "What else could this mean?" or "What else is true?"

Creating a practice of asking more questions and asking better questions can and will change your life and I'm here to help you get started with this practice!

How to Use These Questions

Here are some practical ways you can use these questions to improve your mindset and create powerful results in your life:

1. Identify an area of your life you want to improve.

Specificity is a super power! Let's get as specific as possible. "I want to be more consistent" and "I want to eat better" aren't specific. Let's go beyond "weight" or "relationships." Here are a few examples:

- I want to communicate with kindness and respect even when I'm frustrated or tired.
- I want to consistently give my body the fuel it needs and not more.
- I want to workout and move my body daily, regardless of whether I'm motivated or not.

This will be the area where you want to focus your practice of asking questions and elevating the way you think.

2. Create clarity around the thoughts and stories that get in the way.

What are the thoughts, stories, excuses or circumstances that get in the way of the thing you want? Don't forget to be as specific as possible!

Go back to the specific area you just identified. When you don't follow through on the change you're looking to create, what's to blame?

I don't have time...

I'll start tomorrow...

I've been so good all day...

I don't feel like it...

I'm too stressed...

I don't know what to do...

What's the point, nothing works anyway...

Getting clear on the thoughts you turn to to avoid doing the work will help you see what it is you need to question, re-evaluate and reconsider.

You want to recognize these patterned thoughts. When they arise, turn to your questions.

How to Use These Questions

When you think, “I don’t have time” you can ask, “What can I do with the time I DO have?”

When you think, “I’ll start tomorrow” you might ask, “What part of the truth am I avoiding when I think that way?”

3. Make your practice universal.

Start asking more questions even outside the bounds of the area in which you want to create change! Before you start complaining about traffic, ask yourself, “What else is true?” “How else could I see this?”

When you notice you’re dreading cleaning the kitchen, start asking questions! “How can I see this differently?” “What would it take for me to enjoy cleaning the kitchen?”

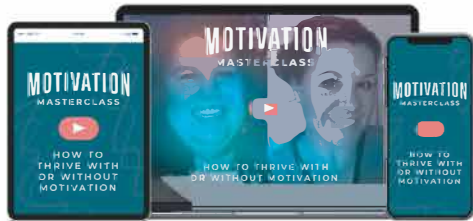
The more you develop a pattern of questioning your first thought or impulse, the more naturally it will come when you need it most!

10 Powerful Questions to Help You Be More Consistent

- In what areas do I want to be more consistent?
- What would it look like if I was as consistent as I want to be?
- How can I show up that way today?
- What is in the way of my consistency?
- How can I clear the path for myself today?
- How will I practice consistency today?
- What stories or excuses keep me from consistency?
- Are those stories or excuses the whole truth?
- What else is true?
- What is my inconsistency costing me?

Every choice is a chance!

Want more coaching from Elizabeth? Click on any of the resources below to check them out!



The Motivation Masterclass

This FREE 4 part series will help you learn how to thrive with or without motivation!

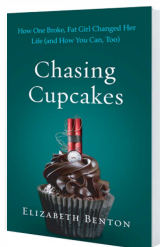
[Learn More](#)



The Daily Mindset Upgrade

For less than 30 cents per day, Elizabeth will send you daily coaching audio messages right to your phone via text. She'll even text back and forth with you to help you stay focused and support you each day!

[Learn More](#)



Chasing Cupcakes

Elizabeth's best-selling book!

[Learn More](#)



12 Weeks to Transformation

This is Elizabeth's exclusive online coaching experience. She only opens it a few times per year and people are getting unbelievable results. Make sure you're on the waitlist so you can learn more the next time it's open!

[Learn More](#)