

PRIMAL POTENTIAL PRESENTS



**POWERFUL
QUESTIONS
TO IMPROVE
YOUR MINDSET**



PRIMAL

POTENTIAL

Introduction

As a transformation expert, I hear from people all the time who feel stuck. They have really important goals they want to reach, but they can't seem to consistently make progress on them. Do you know why?

You can't create the solution with the same thinking that created the problem.

No matter what kind of change you want to create, the first thing that needs to change is your mindset. Our thoughts drive our choices so to change what you do, change how you think.

You can start investing in your mindset by simply using the questions below on a daily basis. If you want more support transforming your mindset, I've listed some additional resources on the next page that will help.

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!

12 Powerful Questions to Improve Your Mindset

- What else is true?
- How could this be happening FOR me instead of TO me?
- What are 3 other perspectives on this issue?
- If I responded to this in the best way possible, what would that look like?
- In what ways is this an opportunity for me?
- If there was no fear or worry, how might I see this differently?
- What have I added to the facts?
- Have I made any assumptions?
- What needs to change for this to be easy?
- What would it look like to participate in the solution?
- How can I remove myself from the center of this story?
- What is my “normal” way of seeing this? What’s a new way of thinking about it?

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!

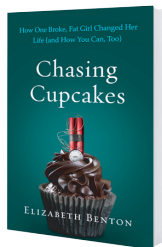
[Learn More](#)



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](#)