

PRIMAL POTENTIAL PRESENTS



**9 POWERFUL
QUESTIONS
TO HELP YOUR
WEIGHT LOSS
JOURNEY**



PRIMAL

POTENTIAL

Introduction

As someone who has lost and kept off over 150 pounds and totally transformed my life—I know the struggle of losing weight. I know all about diet fads that don't work. I know the failure and shame cycle that comes with trying so many different things, but not making consistent progress...but guess what, my friend?

Weight loss doesn't have to be so hard and I want to help you make it easier (and permanent).

What most people don't realize (and most programs fail to teach!) is that sustainable weight loss starts with the way you think. An unhealthy mindset is what causes us to get in our own way and stay stuck in old patterns or limiting beliefs. A transformed mindset is what will help you finally create weight loss results that last.

So, the next time you're struggling on your weight loss journey, try using these powerful mindset questions to help you get unstuck and take action.

I've also listed some additional resources on the next page that you might find helpful if you want to get to the root of the problem, continue your mindset transformation journey, and make meaningful progress towards your goals.

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!

9 Powerful Questions to Help Your Weight Loss Journey

- What choice lives between all & nothing?
- How can I enjoy this in a way that represents an improvement for me?
- Do I have one more good choice in me?
- Is this worth it?
- Am I telling myself the whole truth? What perspectives have I left out?
- How is this choice going to make me feel?
- What would it take for me to go to bed tonight feeling proud?
- What would it look like to show up in this moment as the person I want to be?
- What is it that I really want and is there a better way to meet that need?

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!

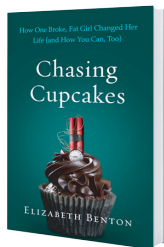
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