

# CREATING CHANGE KEEPING PROMISES

## STRATEGY GUIDE



**PRIMAL**  

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**POTENTIAL**

Elizabeth Benton

## HOW TO USE THIS STUDY GUIDE

1. Print a copy of this study guide
2. Find a quiet place where you can focus, listen and reflect for 30 minutes
3. Below each topic, key insight or question you'll see a time stamp. This corresponds to the time on the audio where you can listen and dive deeper.
4. At the end of each section you will find three questions to ask yourself and answer.
5. Begin creating change and keeping promises so you can move beyond surviving to THRIVING!

## INTRODUCTION

Congratulations on downloading this study guide along with the audio resource.

Over the years I've coached hundreds of people who almost always share this one thing in common. My guess is that you may be part of that same crowd .

You're setting the bar high, you're clear on what you want, but you are not seeing it all the way through.

What do you do about that?

No matter how long the history of struggle or number of setbacks you have, developing the ability to follow through and trust in yourself is where real change begins. This creates the certainty that when you set a standard you will move in that direction.

Not that you will be perfect, but that you can trust our follow through instead of doubting all of your plans. Creating any kind of change in your life requires that you keep the promises you make, that you set an intention and you trust you're going to follow through and also that you don't get rocked and you don't become dramatic when you don't follow through.

Are you ready to change?

LET'S DO THIS!

*Elizabeth*

## What to do when the unexpected happens

02:46

My dad used to say "let's get to getting like get up and get moving". I actually use that in my own thoughts. Now, every time I'm stewing in something that didn't go well, or something unexpected happened that I didn't have control over or I'm beating myself up for falling short, for not keeping a promise I made to myself I say to myself, all right, let's get to getting.

Think about something that didn't turn out how you expected. Or, about a promise you made to yourself that you didn't keep.

Are you beating yourself up over it right now?

Will you get up and get moving?

## TAKE ACTION

What choices can you make to turn your aspiration into action?

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What do you need to let go of in order to be the person you want to be?

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What will do about that today?

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## When your grand plan doesn't work

03:55

You know the routine.

You've finally come up with the grand plan. This is THE one that will work. You are positive you have found the golden ticket. You are fired up. Your focus is more intense than ever. Monday morning arrives and you're off and running.

Five days later, or sooner...the bottom drops out.

That makes for a crazy life you don't need.

Most of the time we know that we've got to change the approach. We're just not sure what to do and we don't trust ourselves so we don't do anything or are we just keep going back to what we've done before expecting a different result this time.

Change comes from the inside out, not the outside in. It starts with the way you're thinking.

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# CREATING CHANGE - KEEPING PROMISES

## Your life is your choice

07:37

One of the biggest shifts in my life happened after reading a poem written by Rumi. Part of it says, "why do you stay in prison when the door is so wide open?"

At that point in my life I was in a job I hated but I showed up there by choice. I was over 350 pounds, miserable and hate it and yet I was the one putting food in my mouth. I was the one sleeping in. Instead of getting up, I was the one making excuses and exceptions. I would tell myself, I just don't know what to do.

*Why are YOU staying in prison when the door is so wide open?*

Are you putting up walls around yourself so that you can't see through your own stories, your own fears, and your doubts? Do you use these thing to define yourself?

Your choices are directly driven by the thoughts in your mind. The thoughts you allow, the stories you tell yourself will either lead to a prison of my own making OR empower you to walk through the door that is so wide open. You have to be willing to change because life won't stay the same.

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## Change comes from the inside out

12:46

Change does not come from the outside and then go in.

The walls you are believing in have to be torn down. I didn't realize that as I was arguing for these past patterns, I was limiting what I could choose today by what I had chose yesterday. I was blocking off the door that was so wide open by saying everything that I had chosen before when in reality I was free to make a different choice today and any day in this moment and in any moment.

What sometimes we misunderstand or overcomplicate about tearing down these walls we believe in is we think that it's this big grand gesture that we do one time and it's done forever. But that's not how it happens.

People ask me all the time what I think of personality types. I know just because of the degree of my own change and the degree of change I've seen in so many of my clients that we're not limited by some definition of who and how we are. We are free to show up in any new way in any new day, in any moment.

You are whoever and however you decide to be. In this moment, I am whoever and however I choose to be in this moment. It's time that we stop limiting ourselves by the way we've been

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## Stop fueling your past patterns

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The only thing that keeps those past destructive patterns alive is your belief in them. The attention you give to them, that you keep arguing for and making a case for them, is what fuels them. One of the many tools we use within the 12 Weeks to Transformation is to ask ourselves every day, how do I want to be today and what will I do about it.

I'm obsessed with questions and I think that the key to a better life comes in the form of questions. That's why the Identity Journal (which is part of the 12 Weeks To Transformation) is full of prompts and questions. It's why this guide has questions for you to dig into. One of my strongest beliefs in life is that every kind of change happens from the inside out, never from the outside in.

What's the difference between someone who succeeds and the someone who doesn't?

The difference is in the way they think. One is looking for solutions and to create change. The other has a mindset of the problem, believes in the problem and stays in prison. The change comes from the inside and what you're thinking about...in what you're looking for...and how you're talking to and about yourself. You are and either repeating the past or forging a new path. The key is to be willing to step outside your comfort zone and accept it, not fight against it. This key can and will change your life if you allow it to. Change comes from the inside out, not outside in. It's not your boss. It's not where you live. It's not your mom or how you were raised. It's inside you.

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## Perspective is POWER

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The stories you tell yourself are what help you forge a new path from the inside out.

You change you from the inside out using tools not following rules. Seeing things as an opportunity for gain as opposed to taking on more pain. You either see change from the perspective of gain and you can grow from or from the perspective of pain. You say to yourself this is going to suck. This is going to be hard. This is going to be awful.

You choose the perspective.

It's not about the work you have to do.

It's about how you choose to see it.

That is the difference maker,

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## Conclusion

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It was not that long ago that I wouldn't even travel home for the holiday's because I didn't want my family to see me. My goal on a day that I wasn't working was to sleep as late as possible, because then it would be all that much sooner that I could go to bed and I wanted my days to be as short as possible. I didn't even want to be awake.

I would drive around for hours, going nowhere just so that I didn't have to engage with my husband because I was ashamed of myself. I was over 350 pounds and I had been overweight or obese my whole life. I hated my job. I had no friends. I wasn't connected to my husband at all or to myself. I hated my job.

I was lonely. I kept my family at a tremendous arm's distance because I was ashamed of myself and didn't want to let them in. I was overeating almost every day and if I wasn't overeating, I was over restricting.

And if you had told me that I could live the life I have now, I wouldn't have believed you. I didn't think it was possible for me. I didn't think that I could go days, months, years without burying myself in food, escaping numbing with food, never mind leaving my job and starting a business and creating financial security. And being debt free.

It was not a miraculous moment of, oh, I'm now free from all of that. It was thousands of choices, but they were all very small, all very manageable.

The change happened from the inside out because I had gone for decades trying to create change from the outside in the next diet, the next, this, the next that. It happened from inside me out, one choice at a time, one moment at a time.

Your potential exceeds what you can even imagine.

And I remind myself every morning when I wake up - I'm wildly curious about my potential and fiercely determined to create it.

It's available for me.

It's available for you.

And I'm here to do this with you, alongside you, not seeing through you, but seeing you through. So I just want you to know that it's time to change the approach that you can learn to trust yourself and that every choice is a chance.

Every choice is a chance.

*Elizabeth*

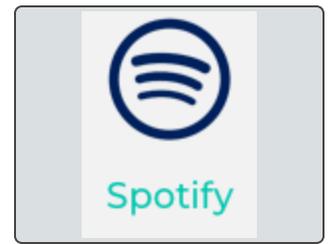
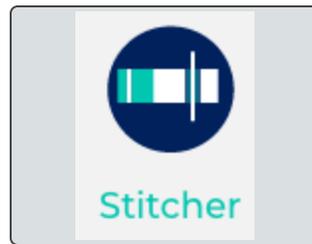
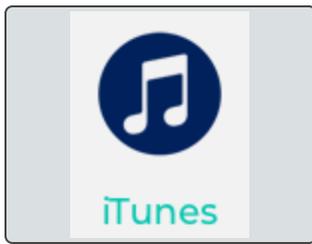
## CONNECT AND TRANSFORM

If you want to go deeper and experience lifelong transformation we have a number of free tools and resources that will show how to do just that. You'll learn what it really means to rely on yourself and start feeling amazing.

### Subscribe to the Primal Potential Podcast

The Primal Potential Podcast is about transformation, not information. So many of us KNOW what we need to do to achieve our goals but we aren't DOING it. There's a continuous gap between our INTENTIONS and our ACTIONS. This podcast is one tool you need to help you create massive change in your life and ENJOY the journey!

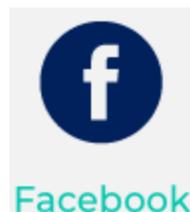
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### Join the Primal Potential Facebook Group

This is where the Primal Potential family gathers! We are all about becoming positive change agents in our own lives and, most importantly, ENJOYING the process! No matter what change you're trying to make in your life, your ability to make it happen is NOT limited by yesterday and does NOT need to wait until tomorrow! Your transformation is NOW! Every single choice is a chance! Come on in and let's step into your HIGHEST potential!

And there's no better way to achieve your highest potential than with a community who's doing it too!



[Dive deep into the Primal Potential Blog - CLICK HERE](#)