

Being Better On Purpose

# Empowering Prefixes

## *Empowering Prefixes Guide*

- How can I ....
  - What do I need to do in order to ....
  - What do I need to unlearn in order to ....
  - (something keeping you from reaching your goal)
  - What can I do more of in order to ....
  - How can I improve ....
  - What steps can I take to ....
  - What further steps can I take ....
  - What more do I need to learn ....
  - How can I make sure ....
  - How can I find more time to....
  - What actions do I need to take ....
  - What questions do I need to ask myself to ....
  - What am I willing to do to ....
  - How can I use (this experience) to ....
  - How can I best detach from (this lesson) that does not serve me?
  - Who do I need to (speak to, process out, confide in, connect with)
  - in order to....
  - What is the answer to (insert question here)?
  - \*\*Why do I feel (this emotion) right now? (use when you feel conflicted about an emotion) **MUST FOLLOW UP WITH:**
- **How can I resolve this quickly and with ease?**

## Pro Tip!

Each prefix will lead to a different kind of outcome!

HOW CAN I - these seem to tap directly into the subconscious and issues kind of fade away.

WHAT STEPS CAN I TAKE - these will create a list of sorts, or perhaps make you more aware of good opportunities in front of you.

## What to Do

- Create your own questions!
- Identify a statement that requires transformation
- Test out which prefix makes the most impact on your physical state when you read it
- Write it down and READ IT with your bedtime routine

## Pay Attention to Outcomes

- **Solutions, not smugness** It is important that we construct questions that lead to outcomes:
  - That elevate our own feeling state
  - That create as little chaos as possible (less to have to manage later, right?)
  - That is as easy as possible to accomplish

## CAUTION

WHY QUESTIONS ARE A TRAP!! Notice that there are stars around the final question in the list with bold, capitalized, italicized, underlined text after it??

Why questions tend to bring up more excuses, more stories that legitimize our current position. DON'T GO THERE!!!]

If you feel you must, then I recommend using the question that follows in the list. Or test it for yourself and see what happens....? -\0/-

If you have questions, don't hesitate to reach out! You can always email [Liz@DitchTheDx.com](mailto:Liz@DitchTheDx.com) or send a text message to 919-756-4548 if you'd like to set up a consultation.