

## Being Better On Purpose

# Quit It Framework

### Quit It Framework

1. What is the habit, emotion, or behavior that you absolutely must address?
  1. absolutely must \_\_\_\_\_
2. What are the benefits for accomplishing this?
  1. .
  2. .
  3. .
  4. .
1. Turn the benefits into Empowered Questions
  1. .
  2. .
  3. .
  4. .
1. Write a brief description of what the new version of you looks like in your connected imagery.

Search for your \*cues\* in the disconnected image - what is that person who looks like you doing that lets YOU know that they are about to have that undesired behavior

**Cues ONLY:** do not write a description of the image you are seeing - keep it disconnected

1. **SHIFT!** Move into and out of those cues, on purpose!

## Pro Tip!

Identify PHYSICAL and OBSERVABLE cues as often as possible in the disconnected image, this way, when you practice shifting, it is a larger movement than if you were to identify something like a thought. Many of my clients will identify what “that person” is thinking and I’m telling you that by the time you are having thoughts, you’re VERY far into the pattern. Our cues help us to NOT FALL INTO the spiral - once our thoughts are involved, we’re there.

## What to Do

- Laser Focus Your Objective
- Identify 4 benefits for that objective being real in your life
- Turn those benefits into Empowering Questions
- Associate so you can FEEL that success
- Discover your cues and MOVE into and out of those positions ON PURPOSE

## Focus

- **Habits, Behaviors and Emotions that you have identified NOT TO WORK** you can choose any area of life! You’ll soon see that every internal issue you carry shows up everywhere you go, so this can only help!
- **Make sure that you are seeking solutions, not destruction** I cannot say this enough - even for something like quitting smoking, which obviously needs to happen, if you are leading with guilt, shame or despair, focus on “rising above”, “finding compassion for”, or “shifting relationships with” - allow yourself to feel better about tomorrow than you feel bad about yesterday... :)

## CAUTION:

If you are not getting the results you are looking for within 48 hours, we need to check your benefits and questions!

For more support - simply reach out!

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.