



Being Better On Purpose

# Subconscious Framework

## 5 ELEMENTS OF THE SUBCONSCIOUS PERSPECTIVE

Follow this framework:

1. What is your objective? (Phrase this as I absolutely must...)
2. What will change for you when you have it? (Why must it change right now?)
3. What do you *think* you need to do to get it? (Use "I absolutely must" to state this too!)
4. Why haven't you done it yet? (What are your reasons for not having accomplished this already if you know what you need to do - reasons can be legitimate or not)
5. What is the first thought that enters your mind when you look at that objective? (Capture the first thought no matter what it is! It's even ok if it's a skeptical voice!!)

## Pro Tips:

1. Focus on what you WANT.
2. Focus on finding a solution.
3. Focus on a time frame that you'd like it done by
4. Focus on the way in which you'd like to do it (with grace, with class, with confidence, etc)

## What to Do

- Think about something that you want to address
- Follow the Framework without judging yourself
- Allow whatever your inner voice says to be heard
- Try not to judge yourself - everything can be worked with

## Pay Attention to STORYING

1. **Self Storying is DANGEROUS** If you find that you are justifying, rationalizing or otherwise minimizing the impact of something, STOP, take a breath and let the number come to you.
2. I know I said the exact same thing in the Data Tool, but seriously!! Stop justifying!
3. **Seriously, if you catch yourself saying anything more than necessary, STOP. Write down the core of the concept and move on.**

5. Don't be academic about these things! Just be yourself, and allow your inner voice to be heard
6. If your inner voice uses foul language, it's ok! You will be able to use all of it when you apply the Empowering Questions Prefixes on the next page!

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.



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 ....

What changes do I need to make ....

How can I use (this experience) to ....

How can I best detach from (this emotion)  
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)?

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