

FW-002

The Hot Dog Story Framework

Challenge Assumptions. Think Intentionally.

"The life you're living today may be built on assumptions you've never questioned."

What This Framework Is About

The Hot Dog Story isn't really about hot dogs.

It's about recognizing that many of our beliefs, habits, and decisions are inherited—not intentional. Sometimes we continue doing things simply because that's the way they've always been done.

This framework is designed to help you pause, ask better questions, and make decisions based on purpose rather than autopilot.

The Five Questions

1. What belief, habit, or routine am I accepting without question?

2. Where did this belief come from?

☐ Parent

☐ Family

☐ School

- ☐ Religion
 - ☐ Workplace
 - ☐ Friends
 - ☐ Society
 - ☐ Other _____
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3. Is this belief still serving me today?

Why or why not?

4. If I didn't inherit this belief...

What decision would I make today?

5. What's one assumption I will challenge this week?

Your Action Step

This week, pause before making one decision and ask yourself:

"Am I doing this because it's right...

...or because it's familiar?"

Write down what you discover.

Reflection

The biggest breakthroughs in life often begin with a single question.

Not...

"What should I do?"

But...

"Why do I believe this in the first place?"

Framework ID: FW-002

Series: *I Have Something To Say*

Companion Episode: *The Hot Dog Story*

Framework Library

Helping people think bigger, ask better questions, and build what's next.

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