

How bad do I really want it?

Hey Worthy Woman, I'm so glad you're here. It means you're serious about wanting to up the quality of your life. And that's amazing (*and takes a whole lot of courage by the way.*)

So, how bad do I want what I want?

If you're longing for something you don't have in your life now, this is a question that must be asked and answered.

Here's a quick exercise to help you get one step closer to getting what you really want.

Write out your answers to the following questions:

1. **What** is it I really want? (*Pick only one thing, your biggest desire right now.*)

2. **Why** do I want it? What meaning does it really hold for me? (*Write out anything and everything that comes to mind here. Don't edit yourself or hold back.*)

2A. What am I telling myself about what I think will happen once I get it? (Example: once I get fill in the blank, I will feel fill in the blank.)

3. **How** bad do I really want it? One a scale of 1-10? _____

3A. Then, ask yourself this...

What am I willing to trade in my life to get it?

Because every choice you make and every thought you hold is an exchange of your life. I know this concept is kind of heavy; we'll talk about this much more and in a simpler way in my [group coaching program](#).

For today just start easy and slow by asking yourself:

Am I willing to stop watching TV, or shift the way I'm thinking about something, or break a bad habit, or get expert mentorship, or wake-up earlier, or get help with the kids, or spend more time with my husband or spend less time on social media? What am I really willing to exchange in return for reaching you big goal?

Think on this today. What's one small (or big move) you could make to show yourself you are serious about getting what you want? Write it below.

Keep in mind the golden Law of Worthiness. It's not enough to want it; you have to believe you **deserve** it.

So while you're asking yourself how bad to you want it, ask yourself this: **What am I REALLY saying to myself about how worthy I feel of having it?** Write your thoughts below.

(hint, hint: We tell ourselves how worthy we are of reaching our goals by the little moves we make each day. Take a look at your daily thoughts and habits and then ask yourself, "Are my habits aligned with letting myself get what I truly want?")

One more Support Strategy.

Vision boarding works great. If creating a vision board feels like it could be fun and useful for you, hop onto Pinterest or grab a magazine or anything else that feels right and find a picture of what you desire. Pin it, post it, tape it to your mirror. It doesn't matter. Seeing it in front of you regularly makes it a lot more likely to come. Also, the act of creating a vision board does one more extremely essential thing. It's a very real power move in which you show yourself that you feel worthy of getting what you really want. The more action you take to help yourself, the more power you hold to get it.

After completing this exercise I'd love to know how it felt, feel free to email me directly lori@yourworthyself.com

If you're frustrated that you're not getting the results in your life that you want and you'd like some ongoing mentorship to help you reach your goals, take a look at my upcoming group coaching program.

Through our work, I'll help you understand how the worthiness factor is playing out in **your** everyday life and what small shifts you can make **right now** to improve your relationships, make more money, overcome fear, manage your time and shape your life in a way that feels deeply meaningful and fulfilling.

[Details for group coaching with me are here.](#)

Love & light,
Lori Fields, LCSW

"Everything you want lies on the other side of believing you're enough."

Let's connect. [Website](#). [Facebook](#). [Tweet](#).