



Your Worthy Self

Silence the Doubt. For Good.

Worksheet: How to help yourself get what you really really want.

Meet yourself inside
your grand desire.

#YourWorthySelf

Hey worthy lady, I'm so glad you're here. Being here means you have a longing to help yourself live the life you truly want. And that my fellow warrior of worthiness is pretty darn awesome. Thank you for trusting me, I'm going to do my best to help you get there. Because that's what I do. I'm an expert at helping people get what they really want. And you my friend are NO exception. Let's begin!

Welcome to Part 1 of your worksheet designed to help you:

1. Get clear on your grand desire, and
2. Figure out what steps to take to help yourself get it.

The reason why the statement above says "meet yourself" inside your grand desire is because often times we ask to receive before we have taken all the steps necessary to help ourselves.

We want to believe that if we wish and hope and visualize

and pray and believe hard enough then eventually we will receive what it is we truly want. Now, wishing and hoping and visualizing and praying and believing are indeed an important factor in helping you reach your goals, but they alone are not enough. They are part of the recipe, not the whole.

It would be like setting out to make chocolate chip cookies and deciding not to measure the ingredients or add the chocolate chips. You can stand at the oven hoping that they come out right, and you may even end up with some kind of cookie, but it won't be the chocolate chip cookie you wanted.

On a side note: NO, mom I have never done this. Mmmm...now I want a chocolate chip cookie. Okay, back to the facts.

The way the Laws of the Universe work to help you get whatever it is you truly want is actually rather simple. Are you ready for this? You might want to write the following statement down.

The Universe meets you right where you are.

What does this mean exactly? It means that if you aren't meeting yourself inside your goals; if you aren't 'doing the work' to set the conditions for getting what you want, then you end up with a general cookie (ie: a general life) not one that looks and tastes and smells and feels exactly like the cookie you truly wanted.

So, what I want you to begin thinking about now in your everyday life is:

Am I helping myself? Am I setting the conditions for getting what I really want? Am I showing the Universe that I take myself seriously, that I believe I am going to have exactly what I want?

Now, how do we use these questions & apply them to your everyday life? How does this really work? Very good question.

How it works is like this: starting today (okay I won't force you to start today, BUT...if you knew that what lies on the other side of this new shift was the life you've been dying to have, when would be the best time to get started? Okay then, let's start today!)

So, starting today I want you to make a new agreement with yourself. The agreement is that you will begin living your life from a place of consistent **mindfulness**.

What this means is you are going to begin checking in with your daily habits, your thoughts and the general way you're showing up to your life each day and start asking yourself throughout each day;

Am I really helping myself? Am I setting the conditions for getting what I really want?

One of my favorite power mindsets that I picked up from Dan Harris in his book "10% Happier" (which is a fantastic read by the way) is the following:

Is this useful?

Yup. That's it. Simple. Clear. Easy to remember. Powerful.

Is this useful?

Feel free to adopt this power question into your daily practice of mindfulness.

Okay, let's simplify. The way to begin getting what you really want is to begin checking in with your daily thoughts and actions and then asking yourself:

Is this useful?

With this way of thinking or acting am I setting the conditions to get what I want?

If my current thought or action just came true, would it yield the exact results I'm looking for?

Here's the power principle. In order to get what you really really want, you have to 'do the work' to help yourself get it. And 'doing the work' doesn't mean that you necessarily have to make radical, scary changes. It can be as simple as beginning the daily practice of checking in with yourself, paying attention to the QUALITY of your thoughts and actions. Beginning to notice if what you're actually doing and saying to yourself throughout each day is going to help you reach your goal.

So, whatever the big thing is that you're asking the Universe to deliver: the chance to be a mom, a higher level of career success, the new house you've always wanted,

more clients, or better love; whatever your grand desire is...the first step on the path to getting it is to begin **meeting YOURSELF inside your desire?**

You're now equipped with some of the basic principles and mindfulness strategies you need to get started.

Below is the new agreement you can make with yourself as well as some space to begin documenting some of your thoughts and actions that you notice are not so useful to you. This will help because as you become increasingly aware of exactly how you're thinking and acting you will hold much more power to help yourself reach your goal.

I'll be back soon with Part II of this worksheet which will help you gain clarity on your big desire & offer more strategies for helping yourself succeed!

MY NEW AGREEMENT:

Starting today, I'm making a new agreement with myself to check in with my thoughts and actions on a daily basis and to begin noticing if they are useful in helping me achieve my goals.

SIGNED: _____ DATE: _____

JOURNAL OF THOUGHTS AND ACTIONS

These are some of the thoughts I have regularly that are not helping me reach my goals.

These are some of the habits I have (ways of reacting, behaving, etc.) that are not useful in helping me reach my goals.

This is a small shift I can make to help me set the conditions for reach my goal.

I hope this information was helpful. Good for you for making it this far and doing the work to really show up for yourself.

This is exactly what it takes to begin feeling back in control of a life you really love. You're on your way woman!

Please make sure you're on my list so you don't miss out on Part II of this worksheet.

When you subscribe to my list you'll receive access to my Daily Notes from #YourWorthySelf. These brief notes are specifically designed to help you find your way. You can [sign up here.](#)

While you're waiting for Part II of your worksheet you can also join me inside my **FREE facebook coaching community**. It's a great place for daily check-ins & ongoing support to help you stay inspired and motivated to create the life you truly long for. [You can join me here.](#)

I hope this has been helpful so far.
I'll see you soon!

xx Lori Fields, LCSW
www.yourworthysel.com

Everything you want lies on the other side of believing that you are enough.