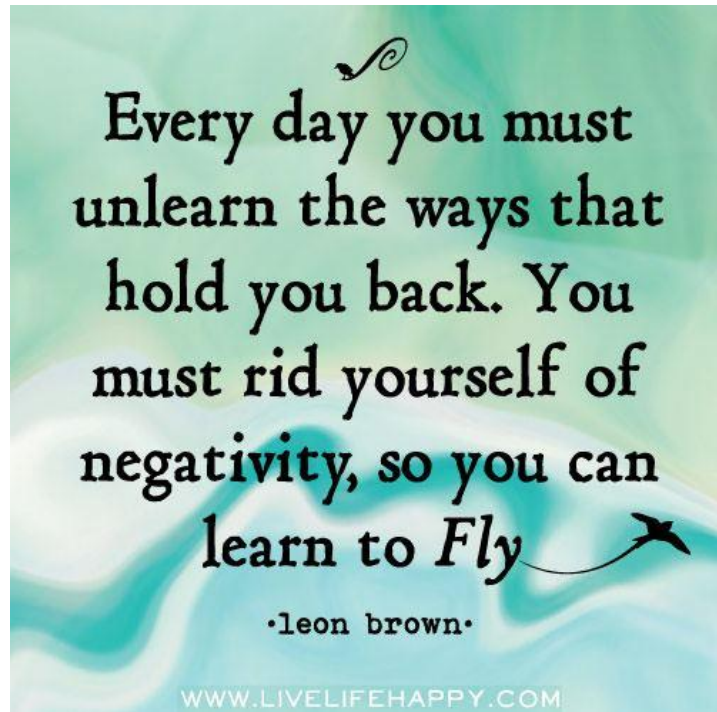


Your Worthy Self

Silence the Doubt. For Good.

Worksheet: Unlearn the Ways that Hold You Back



These are all the things I'd like to unlearn about myself...

This is why...

(In other words, think about the negative affect these thoughts are having on your life. How exactly are they holding you back?)

This is where those negative thoughts came from...

(This is important to really think on because often times the negative things we've come to believe and say to ourselves NEVER came from us to begin with. They came from someone else. They were said to us a long time ago or we came to believe certain things about ourselves because of some childhood experiences. This is a chance to do some deep-thinking here about how your negative beliefs came to be. Understanding where your negative beliefs came from can help give you the power and motivation you need to begin to move beyond them.)

These are 2 of the most negative things I say or think about myself

- 1.
- 2.

This is the message my negative thoughts are sending about how worthy I think I am...

What might need to happen in order for you to begin to release your negative thoughts about yourself?

My New Agreement

Starting today, I'm making a new agreement with myself to begin releasing the negative thoughts & behaviors that are holding me back.

Signed: _____ Date: _____

Here are 2 things I will do this month to help me unlearn the ways that are holding me back.

1.

2.

Additional Support Tool

Make your own "Permission to Fly Bin."

1. Cut out small strips of paper.
2. On each strip, write one negative thought or behavior that's holding you back, keeping you stuck or making you feel bad.
3. One by one place them in your Bin.

By placing them in the bin you acknowledge these are the thoughts or behaviors you are working to release so you can give yourself permission to fly.

4. You decide what to do next. Keep them nearby as a reminder of what you've working on releasing or maybe BURN the whole darn thing (safely and carefully of course).

The point is this: From now on you are taking absolute responsibility for the quality of your thoughts. You decide what to do with the negative ways that are holding you back.

ps. You might even want to gather a bunch of your friends and share this experience. Hold each other accountable for releasing your limiting 'ways' and cheer each other on. Get creative. Make it meaningful and fun.

Want even more support releasing your negative thoughts so you can fly?

Join me inside Worthy Nation. I'll show you how to use similar content to what's inside these worksheets to help you reach your goals. Enjoy a FREE Trial Today.

[Learn more here.](#)

love & light,
xo Lori Fields, LCSW

When the thought of remaining the same feels more painful than the courage it might take to change...join me.