

**My Weekly Purpose.**  
*I get to decide what matters most.*

Date: \_\_\_\_\_

This week's theme (*choose a word*) \_\_\_\_\_

This week I want to make sure I include time to

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This is how I most want to feel this week

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These are the top 3 things that feel most important to me this week.

- 1.
- 2.
- 3.

This is the specific meaning each one holds for me.

- 1.
- 2.
- 3.

**This is what I want to be most mindful of this week in terms of how I'm treating myself.**

Be specific.

*Example: I want to be very aware of specifically what behaviors I engage in that keep me feeling like a failure or keep me feeling 'less than.'*

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There is a direct and very powerful correlation between doing things that make you feel good (ie: taking care of yourself) and then feeling productive.

When you give yourself (even small little moments) of doing something that you really want, whether it's a nap, a run, meditation, a long shower, coffee with a friend, etc.; you create the conditions to be in a good mood, to feel more energetic and optimistic. These are the states we are striving for on a regular basis because from this energetic state you will have a much easier time deciding what matter and feeling motivated to achieve your goals.

They don't have to be big things. *Example: I know that when I start the day with veggies or green juice I end up being SO much more energized, optimistic and productive.*

I want you to start paying attention to all the little things that make you feel good and deliberately make them part of your ongoing worthiness wellness plan.

This plan is not just about reaching tangible goals; it's about feeling the way you most want to feel each day.

PS. This doesn't mean we that everyday we should feel amazing and productive and energized and good and if we don't then we spiral into a place of feeling bad. Not only is that the **exact opposite** of this worthiness practice; I can assure you that the practice of making yourself feel bad will never help you accomplish anything on that list of yours. But you knew that already, yes?

If you're having a shit day, you call it a 'shit day' and you 'do the worthiness work' of truly loving and accepting yourself from there. We DO NOT make ourselves feel bad for the ups and downs of our journey. This concept is a very big deal and it's the number 1 behavior that blocks most people from enjoying their life and reaching their goals. Kapeesh?

**Here are 3 things I'll do this week to take care of myself this week.**

- 1.
- 2.
- 3.

Everything that happens (and I do mean **everything**) is here to help you learn how to feel more free. Just holding this mindset alone can be a complete game changer for you. Whether you felt super productive or felt like you had a really off week, I want you to challenge yourself to be in the practice of truly believing that everything is here to help you become your most powerful and worthy self. Take a moment to think about how this new perspective might shift things.

**These are the lessons I have learned this week**

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*xx Lori Fields, LCSW*

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

[For more support, connect with me here.](#)