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(This worksheet was originally created for my [Group Coaching Program](#), but you certainly don't have to be part of the group to benefit from the information here. Please enjoy.)

The theme for the remaining 3 weeks of our work together is: **"Creating Your New Worthy Way."**

Here's how it works.

You are going to identify a habit in your everyday life that is not serving you and you're going to replace it with a new Worthy Way.

I want you to think carefully about some habits you tend to engage in either daily or on a very regular basis that are bothering you; things you wish you get could out of the habit of doing.

As an example, I'll share with you mine.

I have the habit of zoning out to the TV after putting the kids to bed each night. Sometimes it's a program I really enjoy watching, other nights it's mindless noise. Regardless of the quality of the program, it's a habit that doesn't sit well with me, not because it's not okay to watch TV sometimes but because I know for me it's become a default habit. Something I do without really thinking about it.

And if I'm really honest about it, it has become a 'gateway' drug. It often leads to other bad habits. It has led to falling asleep on the couch, rather than sleeping in bed with my husband. Not a great habit to create.

It has also led to falling asleep without changing my clothes or brushing my teeth. Yeah, I know....gross. Not a great habit to create.

It has also led to mindless eating late at night; another 'not so great' habit.

Objectively I can look at this habit and know it's not healthy. It's not a reflection of who I really am and the type of deliberate healthy choices I strive to make in my everyday life.

I can also see that the potential price I pay for allowing this to be a habit is rather serious. It can mess with the quality of my marriage and the health of my body. Both of these things matter to me (like, a lot).

Again, just to be clear. I am not speaking to an outlier of a situation, where occasionally you enjoy some TV, fall asleep on the couch and forget to brush your teeth. I am talking

about an almost every night kind of habit. And one that truly isn't aligned with who you most want to be.

Now, here's part of the tricky, more complicated piece of this habit. A habit isn't just about behavior. It's not just about what we do; it's about what we are **saying** to ourselves about what we're doing. It is about the deeper messaging that's at play.

For me, the inner talk goes like this, *“But it's already after 9PM. You've had a full day of work and then a full evening with 3 little kids, making dinner, cleaning up, reading books, brushing teeth, doing baths, getting everyone tucked into bed and then finally asleep. Of course you're exhausted and you deserve to just relax a little and unwind. Stop being so hard on yourself and just relax.”*

Here's what makes breaking this habit so challenging. There is real truth to the fact that I am typically exhausted after putting the kids to bed. Some nights I really need a break and it doesn't seem so awful to unwind with some TV.

This is the crossroads where your Best Self (or Worthy Self) and your Unworthy Self collide. It's not always clear who's leading the way.

How do you know if this habit, this way of being with yourself is okay for you or not? It's an important question.

The answer is, you **feel** it out.

With the truthful answering of one big question it's pretty easy to get clear. If I ask myself, ***“How do you ultimately feel about this habit?”***

If I pause and allow myself to really think about all the angles of how this habit affects the quality of my life, it becomes easy to answer.

The answer is; *“Not so good.”*

I know this habit doesn't sit well with me. It leaves me feeling bad about myself more often than that it provides relief.

I also have a sense that my Wicked Witch of Unworthiness is a power player in this habit. She is invested in me watching TV. She knows that with every moment that I am distracted by this habit, I am not furthering my ultimate desire, which is to spend some evenings working inside by business.

When you are doing the work over these next 3 weeks to move beyond a habit that is not

serving you, I want you to really think about the worthiness factor. I want you to think about what deeper message you are sending yourself with your habits.

With your daily habits, what are you really saying to yourself about how deserving you are of reaching your goals?

There are certain evenings where my true desire is to get specific work done for my business yet I fall prey to my Unworthy Self, to the voice of Resistance, convincing me that I am too tired to be productive.

Again, this is where this self-development work is a tricky beast. There is no test you can take or book you can read that will be able to tell you definitively which move is the 'right' move to really honor yourself.

Some nights, I need a break and it's the taking of a break that allows me to re-energize myself, so I can come out stronger on the other side.

Some nights, I'm just being lazy and have fallen under the spell of the wicked witch and feel defenseless against her powers.

This is why living your best life, realizing your greatest vision is 'work'. It takes a commitment to a daily practice of mindfulness inside your moments. It asks that you become honest with yourself and accountable for your moves.

It requires a face-off between your Unworthy and Worthy Self. It requires a burning desire to see yourself clearly and to want to help yourself at every turn.

You're not always going to get it right. You're not going to execute this perfectly. You're going to get tricked. You're going to fall prey to the easy way out. You're going to fall asleep on the couch some nights or go off your diet. You're going to feel like you've had a setback. And you're going to have to get over it.

This is where you'll be asked to do the hardest and most important piece of the work.

You're going to have to realize that a setback doesn't mean there's something wrong with you.

It doesn't mean you'll never get there. It doesn't mean you're not deserving of what you're trying to accomplish. It doesn't mean you're not good enough, or smart enough, or worthy enough, or [fill in the blank] enough.

What it means is that you haven't been in practice long enough. You haven't put in enough sweat equity and training. You haven't yet **earned the right** to advance to the next level of your life.

Enjoying the riches that come along with living your best life is a rite of passage and an earned privilege for those willing to fully invest in and commit to the practice; the practice of moving beyond the old story of *“not good enough or there’s something wrong with me”* to your new Story of Deserving.

When we live from the Story of Deserving there is no room for being hard on ourselves along the way. We know that moving beyond old habits is often packaged with challenge and fear.

But our work now is to deliberately decide that we will turn to our challenges, to our pain or our frustration in a **new way**. We are ready to adopt the belief that every moment, every high and low is here to help us find our way.

These are the dues we shall lovingly pay to become who we most want to be.

Let’s get to it. Shall we?

It’s time for you to pick the habit you’d like to move beyond so you can create your new worthy way.

Here's the details.

I would recommend picking a habit that has some real meat to it; something that feels doable, but also is somewhat challenging, a habit that may feel both exciting and even a bit scary to work on over the next 3 weeks.

Try to pick something that you would LOVE to look back on at the end of 3 weeks and feel really proud of yourself for overcoming.

If you pick something too big or something that you know you’re not really ready to move beyond, it will be a recipe for being way too hard on yourself.

If you make this too hard or too stressful you will set the conditions for feeling like you want to give up. This of course leads to feeling 'bad' about yourself because you feel like you failed. And around and around you go.

This would be bad. This would be the exactly opposite of what we are trying to accomplish. The goal is to have you feel proud, empowered and worthy of this new 'way' (this new habit) you are creating for yourself.

I left some space below and some additional questions to help you choose your habit and get clear on the meaning it hold for you. You don't have to print this out and write it down here, but I would really encourage you to write it out somewhere, in your journal or inside the group community. Writing it out gives it more power, it makes it more real.

This is the habit I am choosing to move beyond...

This is how this old habit has been making me feel?

These are the things that this habit might be blocking me from doing in my life (*ie: the negative effects of this habit*)

This is why I think this habit is in my life (*ie: how do you make sense of how this habit came to be?*)

With this habit, this is the deeper message I am saying to myself about what it is a really deserve.

This is why I want to move beyond this habit (what meaning does this hold for you?)

This is what I shall replace the old habit with (*ie: what would you rather be doing instead?*)

These are my thoughts on how worthy I feel of breaking this old habit and replacing it with a new worthy way.

What may I have to stop thinking or believing about myself in order to succeed at this new habit?

This is a new power mantra or a new way I will talk to myself if I feel like I've had a setback in creating this new habit. *(This is how I will help myself through.)*

I hope this information is helpful. Feel free to share it with anyone else in your life who would love to create a new worthy way!

This worksheet is a specific example of the type of work we do together inside my Group Coaching Program.

In my online, group coaching program, I will teach you my proven & distinctive Laws of Worthiness. **These are the principles you must know in order to powerfully define and design your richest, most rewarding life.**

[If you'd like to take part in the next Group Practice, you can learn more about it here.](#)

*Love & light,
xx Lori Fields, LCSW*