

Your Worthy Self

Silence the Doubt. For Good.

"You can only have that which you believe you really deserve; that which you actually believe you are worthy of having."

Hello Worthy Woman,

If you're taking the time to do this worksheet it means you likely have a burning desire to change, or stretch or grow in some areas of your life. It's likely that you might be experiencing a disconnect in an area (or some areas) of your life between how things are feeling now and how you ultimately long for your life to feel.

I'm secretly hoping (okay, I guess it's not much of a secret anymore) that you're here because you have some awareness around the fact that you may not be valuing yourself enough. You may even realize that not valuing yourself enough has been holding you back from getting what you want MOST from your life.

If any of these feelings resonate with you, then I'm glad you're here. Because taking even the smallest step to gain clarity on how your "worthiness factor" is influencing your life, is a gigantic move towards meaningful change.

Let's start here. Here's what I'd like you to know.

Everything that's happening in your life today is a clear reflection of **how much you value yourself** & the story you're telling yourself about how worthy you really are of having what you really want & being who you most want to be.

That's a pretty big concept so let's pause here for a moment so you can read that last paragraph one more time.

In other words:

Your 'story of deserving' holds the power to help you change anything & everything about your life.

It informs **every decision** you make and every thought you have; from what food to eat, to which people to hang out with, to your physical well-being, to how much more is in your bank account.

How you feel about yourself determines the quality of your entire life. It is the 'X Factor' that either holds you back or sets you free.

The exciting news is that when you understand this concept to be true; you hold the power to change the course of your life for GOOD.

It all begins right here: with **getting clear on the story you've been telling yourself about what it is you really deserve.**

The questions below will help you get started on your journey to worthiness!

I recommend finding some quiet time when you're not distracted so you can get the most out of this experience.

Think On & Answer

On a scale of 1-10 this is how good I feel about myself right now.

This is why I rated myself the way I did

These are some of the thoughts I have about myself that are making me feel bad. In others words these are the negative things I tend to think/say to myself.

This is WHY I think I say these things to myself. In other words: This is where I think those thoughts came from (How did I learn to talk this way to myself? How did I learn to feel this way about myself?) *Write anything & everything that comes up here. Try not to edit yourself.*

This is what I think it will take to move beyond these negative thoughts. *Think in terms of what you might have to start believing about yourself, what you might have to begin saying to yourself.*

This is **why** I want to stop making myself feel bad. In other words: this is what I think the promise is of feeling better about who I am and feeling more worthy of what I long for.

This is what I am no longer willing to believe about myself.

Starting today I am making a new agreement with myself: to re-write my story of deserving.

Signed: _____ Date: _____

Here is my NEW Story of Deserving. This is what I am worthy of

(when you answer this, think in terms of what you are worthy of feeling, having, being, doing, etc). Let it all out here. This is a free write exercise. Anything that comes out is just right!)

This is how it felt to write my new Story of Deserving

By answering these questions, this is what I learned about myself.

I want to end this worksheet by telling you this:

Part of the reason why you might be feeling stressed and frustrated with your life is because you KNOW you were meant for more.

Deep down (maybe in a place you don't live from very often) you know there's something bigger you're supposed to be, something greater you were meant to accomplish.

I'm here to tell you that you're 100% right.

You were meant to do extraordinary things with your life and the only way to do so is to live from a place of knowing that who you are matters.

No matter what has traumatized you in the past,
No matter what mistakes you think you've made,
No matter what others may have said to you about how smart or capable or worthy you are,
No matter what you've thought about yourself in the past,

Who you are and what you want for your life matters.

You are worthy. No matter what.

I hope you found this worksheet helpful. Please feel free to share it with any of your friends who deserve to feel good about themselves too!

If you'd like more support re-writing your Story of Deserving so you can step more fully into your most worthy & powerful self, [join me inside Worthy Nation](#), my group coaching community.

I'll show you how worthiness is the X-Factor to helping you set yourself free. Enjoy a FREE Trial Today.

love & light,
xo Lori Fields, LCSW

"Deserving and worthiness; these are the notions that get to the pulse of our consciousness and esteem. If you don't believe you have the right to be here, there will never be enough space for your true self to show up." - Danielle LaPorte