



Your Worthy Self

Silence the Doubt. For Good.

Hello Worthy Woman,

Welcome to Part II of your worksheet designed to help you get what you really want.

If you missed Part I [you can access it here.](#)

In Part I you learned the important principle that The Universe meets you exactly where you are. This principle is extremely important because it means that in order to start getting what you really want; you have to start helping yourself. And the way to do that is through your commitment to a daily practice of mindfulness, a practice that consists of checking in with your daily thoughts and actions and asking yourself the following questions:

Am I really meeting MYSELF inside my grand desire?

Am I fully showing up for myself and setting the conditions for me to receive what it is a truly want.

Again, all of this is inside worksheet I, so [grab it here if you haven't already.](#)

Hopefully you've had a little time to start your daily practice of mindfulness and you're getting a sense of how empowering it can feel to check in with yourself on a regular basis. These daily check-in's might seem like a small matter, but the habit of being fully present with your thoughts and actions and realizing if they are useful in helping you reach your goal is paramount to helping you actually reach your goal; in fact your daily mindfulness practice is a crucial factor in helping you turn your whole life around.

You can't ignore your everyday thoughts, feelings, and ways of acting and then expect to live your greatest life. It would be like not watering your plants regularly and then expecting them to grow. Life principles don't work that way. You have to nurture what you want to grow. You have to see yourself clearly in order to get where you want to go.

So, now that you have some strategies (in the way of daily check-in questions) under your belt for helping you get what you want, let's get a whole lot clearer in what you really want.

The questions below will help you get clear.

STEP ONE: Identify your grand desire. Even if it's just for now and your desire changes, which it inevitably will, write down for today what you're longing for the most.

1. This is my grand desire? What it is I'm saying I REALLY want?

STEP TWO: Understanding the WHY's of your ways. Take the desire you just identified above and get clear on the deeper meaning it holds for you.

2. This is WHY I want what I want. This is the deeper meaning it holds for me?

REALLY put some time in here thinking about this. Once you identify the deeper meaning of WHY you want what you

want, this become the place from which you begin to function from.

STEP THREE: This is how I FEEL about wanting what I want? These are some of the thoughts that come up when I think about my big desire.

(example: is there fear, excitement, hope, issues of worthiness, etc). This is where I want you to do a big feelings dump for every feeling that surfaces when you think about actually achieving your big desire.

These are 2 action steps I can take this week to set the conditions for me to get what I really want.

1. _____

2. _____

This is WHY I'm going to do them

Hooray! You've made it. You're awesome. Really. I hope you're feeling pretty proud of yourself.

I'm so impressed with all the effort you've put into this worksheet. The fact that you're here, doing this work, taking the time to get clear on who you are and what you really want is a big deal. It means that you're taking your life seriously.

And when you do, you send a powerful message to the Universe about how worthy you feel you are of having the life you really want. And that my fellow warrior or worthiness really does change everything!

The information I'm sharing with you isn't just big, hyped-up talk to try to get you inspired about what's possible. The information I'm sharing with you are the REAL strategies, mindset shifts and areas of self-exploration that is required to actually change the quality of your life forever. As a professional Clinical Social Worker & through my own personal life experience of seriously changing EVERYTHING about my life, this is what I know to be true.

And I hope you'll stick with me on your life journey because I'm going to share with you everything I know about getting the life you really want. The one you know you were meant to live. The one that you REALY do deserve.

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

I know because I've been through the trenches of this journey myself. After overcoming disordered eating, body image issues, self-sabotaging patterns in my love-life, low self-confidence and a pretty strong story of not believing that I was smart, capable or worthy enough to create the life I really wanted"; I don't even recognize the girl I used to be.

I have both the personal and professional experience to help you get exactly what you want. I've done it myself & I've helped thousands of women who've done the same. I hope you'll stick around so I can help you too.

Here's a few ways we can stay connected and I can help you reach your goals.

1. Subscribe to my Daily Notes from #YourWorthySelf.

These little notes will help you start the day feeling inspired and motivated & focused. Each one contains a quick lesson of worthiness designed to help you find your way. [Sign up here.](#)

2. 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.](#)

3. If you already know you're ready to deep-dive into your most powerful & purpose driven life; if you're ready to move beyond the old 'ways' that are holding you back & take control of the quality of your life forever, check out **private practice with me.** You'll experience first-hand how worthiness really does deliver the riches. [You can learn more here.](#)

Power on with Your Worthy Self!

xx Lori Fields, LCSW
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