



# Your Worthy Self

Silence the Doubt. For Good.

## WORKSHEET: Transcending Suffering

*The Excerpt below is from the book, "The Four Agreements" by Don Miguel Ruiz*

"There was a man who wanted to transcend his suffering so he went to a Buddhist temple to find a Master to help him. He went to the Master and asked, "Master, if I meditate four hours a day, how long will it take me to transcend?"

The Master looked at him and said, "If you meditate four hours a day, perhaps you will transcend in ten years."

Thinking he could do better, the man then said, "Oh Master, what if I meditated eight hours a day, how long will it take me to transcend?"

The Master looked at him and said, "If you meditate eight hours a day, perhaps you will transcend in twenty years."

"But why will it take me longer if I meditate more?" the man asked.

The Master replied, "You are not here to sacrifice your joy or your life. You are here to live, to be happy and to love. If you can do your best in two hours of meditation, but you spend eight hours instead, you will only grow tired, miss the point, and you won't enjoy your life."

...

You are not here to sacrifice your joy or your life. You are here to live, to be happy and to love.

### **Think on & answer the following questions:**

1. In what ways am I sacrificing my joy or my life?

*(Try not to edit yourself here. There's no issue too big or small. Write everything that comes to mind. If it comes up in your head, it belongs here.)*

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2. This is how sacrificing my joy serves me. In other words, this is why I do it.

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3. This is the deeper message I am sending myself by sacrificing my joy. (Think in terms of your worthiness & your story of deserving here.) What do you REALLY say to yourself by not allowing yourself to feel good?

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4. This is what I might need to stop doing / move beyond in order that I can create some space for joy. Think in terms of your thoughts and your actions. What thoughts might you have to leave behind so that you can give yourself permission to feel good? List those thoughts here...

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4b. What habits might you have to change up in order that you can create space to feel good? List those habits here...

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5. If I were responsible for writing my own prescription for experiencing more joy, here's what I would prescribe...

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Starting today, I'm making a new agreement with myself to start believing that I deserve to enjoy my life. Not in the future or when I achieve a specific goal, but starting today.

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_

Here's 3 things I will do this week to enjoy my life.

- 1.
- 2.
- 3.

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## Want more personalized support integrating the concepts into your daily life?

Here's 3 ways to up the quality of your life.

1. [Private practice with me:](#) When you're REALLY ready to take action towards living your most powerful and purpose driven life. Because there's something greater you came here to be.
2. [Group Practice with me:](#) Personalized support. Powerful connection. Meaningful change. Learn how to re-define what's possible.
3. [Subscribe to my Notes from #YourWorthySelf.](#) Morning notes of worthiness to help you create change. Set the conditions each day to feel focused & inspired.

love & light,  
xo Lori Fields, LCSW

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