

Your Worthy Self

Silence the Doubt. For Good.

WORKSHEET: Declaring Your Sacred Goals

“Set a goal so
big that you
can't achieve
until you grow
into the woman
who can.”

These are some of my proudest accomplishments in my life so far...

I want to grow into the person who can achieve this...

When I think about achieving my big goal this is how it makes me feel...

I wonder if I'm more afraid of achieving what I REALLY want or of never trying? Here are my thoughts on this...

Is it possible that I'm hanging onto a deep belief that I'm not worthy, capable or deserving of having what I want most? Here's what's coming up for me on this...

My New Agreement

Starting today, I'm making a new agreement with myself to begin the practice of telling myself that I am capable & worthy of achieving my goals.

Signed: _____ Date: _____

Here are 2 things I will do this month to help me get a few steps closer to achieving my big goal.

- 1.
- 2.

Bonus Action Step

Find an "achievement partner." Do this session together. Share your answers with one another and carve out some time to discuss what came up for each of you during this session. There's great power and inspiration in sharing this experience and disclosing to someone else what it is you'd like to achieve.

Make sure you pick someone who will be supportive & encouraging. Someone who is worthy of earning the right to share this powerful experience with you.

This is my achievement partner _____

We have agreed to speak _____ times/ per month via (email, phone, skype, in person) (circle one)

Here's our schedule

We have agreed to hold each other accountable for our goals, to offer one another encouragement and support.

Don't worry about being able to accomplish your BIG goal right now, just stay in daily 'practice' of believing that you're going to grow into the woman who can. This is a process, a lifetime journey of growing into the woman you desire.

The "getting there" is NEVER as important as the practice of enjoying the journey.

Please don't hesitate to reach out to me if you'd like some additional support achieving your goals.

Join me inside Worthy Nation, my group coaching community. I'll show you how to use similar content to what's inside these worksheets to help you reach your goals. Enjoy a FREE Trial Today.

[Learn more here.](#)

love & light,
xo Lori Fields, LCSW

When the thought of remaining the same feels more painful than the courage it might take to change...join me.