

Resetting Expectations

Processing unrealistic expectations.

Write down a current expectation that you have for yourself.

When checking in to see if you are setting an unrealistic or realistic expectation, ask yourself these three questions:

ONE. Is it realistic and attainable?

YES

NO

It has to be achievable without feeling like you are compromising your being or selling your soul.

TWO. Is it rigid OR flexible?

RIGID

FLEXIBLE

This allows you to focus on the progress and not the end result. You make room for exceptions so you can modify your expectations when necessary.

THREE. Is it worth the cost?

YES

NO

The cost is your time and energy. If it isn't worth giving up your finite time and energy, you will want to reconsider.

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UNREALISTIC EXPECTATION	THE THOUGHT	REFRAME TO HEALTHY EXPECTATION	ACTIONAL STEP
"I AM NOT DONE WORKING UNLESS IT'S PERFECT"	Judges self harshly and never lives up to expectation.	"I am done working after XX time, then, I will take a break."	Set time blocks. Stick to them. Schedule breaks.
"I DON'T WANT TO DISAPPOINT ANYONE."	Cares too much that loses self when making everyone else happy.	"I will do my best, and it is not my responsibility to make everyone happy."	Avoid personalizing other people's reactions. Take responsibility for your own happiness.
"I SHOULD BE FURTHER AHEAD" OR "I'M BEHIND."	Frustrated and disappointed with self by comparing self to others.	"I am exactly where I need to be. I will get to where I want to go in time."	Stop comparing yourself to others. Reflect on your past steps.