Managing Expectations Worksheet

Name: _____ **Date:** _____ dd / mm / yyyy

Life is full of expectations—some we create for ourselves, and others come from the world around us. Expectations shape how we perceive success, fulfillment, and relationships. When expectations align with reality, they can motivate us, guide our actions, and bring clarity to our goals. However, when they are unrealistic, unclear, or shaped by external pressures, they can lead to frustration, disappointment, and stress. This worksheet is designed to help you explore, understand, and manage expectations in all areas of your life, such as relationships, work, health, personal growth, and beyond. By identifying the expectations you hold and assessing their impact, you can develop healthier, more flexible ways of thinking that reduce stress and foster greater emotional well-being.

I. IDENTIFYING EXPECTATIONS

What area of life are you focusing on? Check all that apply:

- [ ] Relationships (family, friends, romantic)
- [ ] Work/career
- [ ] Health and wellness
- [ ] Financial goals
- [ ] Personal growth
- [ ] Other

What are the biggest expectations you are juggling at the moment? Describe them.

II. ASSESSING THE EXPECTATIONS

Who is expecting this of you? Check all that apply:

- [ ] Yourself
- [ ] Family/friends
- [ ] Society
- [ ] Boss/colleague
- [ ] Other

Take a moment to reflect on your core values—the principles and beliefs that truly matter to you. Ask yourself: Does this expectation align with my values?If an expectation conflicts with your values, it may create unnecessary stress or distract you from what's most important in your life. Is this expectation genuinely important to me, or is it shaped by external influences?Expectations can often come from societal norms, family pressures, or comparisons with others. Identifying whether they reflect your own priorities can help you let go of those that don't serve you. How does this expectation support the life I want to create?If an expectation aligns with your goals and values, it can be a source of motivation. If it doesn't, it may need to be adjusted or reconsidered.

If these expectations do align with your values, are they realistic? What evidence supports or challenges it? Supports:

Challenges:

How does holding onto these expectations impact your life? Describe any positive impacts:

Describe any negative impacts:

III. ADJUSTING EXPECTATIONS

Can you reframe or adjust these expectations?

How can you communicate your new expectations to yourself or others?

IV. ACTION PLAN

Steps to practice realistic expectations: What specific actions can you take to apply realistic expectations in your daily life? Think about behaviors, reminders, or mindset shifts. Examples: Break down goals into smaller, achievable steps. Set daily or weekly reminders to reassess expectations. Practice self-compassion during setbacks.

What will you try?

What will you do when old or unrealistic expectations start to resurface? Plan how you will address these moments. Ideas: Pause and take a deep breath. Reflect on progress made so far. Seek support from a trusted person or therapist. Replace old expectations with affirming thoughts (e.g., "It's okay to grow at my own pace.").

What will you do?

ADDITIONAL NOTES

Specify below: