

What do I expect of myself?

Helpful Expectations help me grow and encourage me	Unhelpful Expectations cause me to be hard on myself and create negative feelings about myself

1. Select one unhelpful expectation you have for yourself and put a star by it.

- Why is this expectation unhelpful for you?
- What do you think might contribute to this unhelpful expectation?
- What can you do to reduce this unhelpful expectation, or to begin thinking about it in a different way?
- How might others help you to reduce or reframe this unhelpful expectation?
- Who do you think could be helpful?

2. Select one helpful expectation you have for yourself and put a star by it.

- What do you think this helpful expectation is based on?
- Why is this expectation helpful for you?
- What can you do to make this helpful expectation a reality for yourself?
- How might others help you to make this helpful expectation a reality for yourself?
- Who would be a helpful resource as you develop this helpful expectation more fully?
- What would they do?