

# Managing Expectations Worksheet

Name:

Age:

Sex:

Date:

**Instruction:** Reflect on your current expectations in various areas of your life and explore how they may impact your well-being and relationships. Complete the following to gain insight and develop strategies for managing your expectations effectively.

| Area of Life              | Current Expectations | Reflection/Activity | Action Plan |
|---------------------------|----------------------|---------------------|-------------|
| Personal Relationships    |                      |                     |             |
| Career/Work               |                      |                     |             |
| Education/Personal Growth |                      |                     |             |
| Health/Well-being         |                      |                     |             |

|                    |  |  |  |
|--------------------|--|--|--|
| Financial          |  |  |  |
| Leisure/Recreation |  |  |  |
| Miscellaneous      |  |  |  |

**Notes:**