

# Managing Expectations Worksheet

<b>Name:</b>		
<b>Age:</b>	<b>Sex:</b>	<b>Date:</b>

**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:**