

Expectations from Self and Others





Section 5

Setting Helpful Expectations

Unhelpful expectations may create negative feelings when our goals seem constantly out of reach or they leave us feeling like we are not “good enough.” Expectations rooted in the future (e.g., “I should get a promotion next year”) can keep us from being present. In this exercise, practice setting expectations that are helpful, by identifying expectations that do the following:

- Stem from how we want to live, act, and show up in the world
- Are focused on the present
- Are within our control
- Can serve as a guide to daily living

Expectations such as these can help us align our purpose and values with actions. Take time to write down realistic expectations you have for yourself in each sector of the wellness compass. Refer back to Section 2 of the toolkit if you need a refresher on the sectors. Examples are provided, but try to think of at least one helpful, realistic expectation for each area of the compass:

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|  | HEART Relationships: ex: I will connect with my colleagues. Emotions: ex: I will ask for help when I need it. |
|  | SPIRIT Core Values: ex: I will use my values to guide my decisions. Rest & Play: ex: I will seek work-life balance. |
|  | STRENGTH Stress Resilience: ex: I will respond, rather than react, to stress. Care for My Body: ex: I will recognize signs of physical fatigue. |
|  | MIND School/Work: I will be present while at work. Organization: ex: I will say “no” at times so that I do not overcommit myself. |

If you completed this exercise as a group, take turns sharing your examples with one another. You might also use flip chart paper, one for each area of the compass, and have everyone write down their examples in each area. As a group, discuss what you found difficult and rewarding about the exercise. Was there one sector that was most difficult for you?