

step into your own
POWER *with*
FORGIVENESS.

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Understanding Your Expectations

An expectation is a desire of how I want to be treated by the other person - or how I think they should be and not what or who they are actually capable of doing or being.

Think about someone with whom you are having expectation.

1). What are your expectations of that person as a:

Spouse:

Mother / Father:

Life Partner:

Financial Contributor:

Financial Contributor:

Friend:

Co-worker:

Family Member:

2). What do they actually provide? Talking about all the good and not so good things they provide.

3). What things have you done that helps to bridge the gap between what you expect and what they do provide?

3a). Has it worked?

3b). Can it work?

4). What new actions, behaviors, and attitudes could you adopt that are based upon what really happens and not what you expect?

5). What are the benefits of this adoption?

6). If you aren't willing to change your expectations, do you know why?

7). What are the expectations you have of yourself?
