

EXPECTATIONS CHECKLIST

Please check those statements describing the expectations you hold for yourself.

- 1. I should excel in everything
- 2. I should not be tired
- 3. I should not raise my voice when angry
- 4. I should always be available to my friends
- 5. I should always be positive
- 6. I should always be enthusiastic
- 7. I should be a model of success for my peers
- 8. I should provide a good standard of living for my family
- 9. I should be more productive
- 10. I should exercise daily
- 11. I should have spiritual time each day
- 12. I should be creative
- 13. I should be friendly
- 14. I should own a nice home
- 15. I should be outgoing
- 16. I should be more businesslike
- 17. I should not let problems get me down
- 18. I should be more organized
- 19. I should be able to handle this problem on my own
- 20. I should prove myself in all situations
- 21. I should have a dream
- 22. I should not be overweight
- 23. I should not make mistakes
- 24. I should never give up
- 25. I should constantly push myself to the limit
- 26. I should always finish what I'm doing before moving on to the next project.
- 27. I should have new interests
- 28. I should not expect rewards for my work

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- _____ 29. I should be more hospitable
- _____ 30. I should attend all my children's activities
- _____ 31. I should be a friend as well as a parent to my children
- _____ 32. I should spend more time with my partner/spouse and
or children
- _____ 33. I shouldn't have to ask for more pay. My value should
be obvious
- _____ 34. I should always look attractive
- _____ 35. I should reach all my goals
- _____ 36. I should never say no
- _____ 37. I should always feel sexy
- _____ 38. I should always feel accepted
- _____ 39. I should always feel competent
- _____ 40. I should use every moment productively

Challenge your general expectations. Are you making unrealistic demands on yourself?

If you have checked 20 or more sentences you are setting yourself up for disillusionment. YOU are the major cause of your own stress.

Reexamine the expectations you've placed on yourself. Are you trying to prove your adequacy to others?

Release the internal pressure you are applying to yourself by eliminating the "shoulds" in your life.

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