

## Scorecard on Lower Expectations

- Do I often set high expectations for myself that lead to stress or disappointment?
- When was the last time I felt frustrated because things didn't turn out the way I expected?
- How do I usually react when my expectations aren't met? Do I feel discouraged or motivated to try again?
- Have I ever experienced greater success after lowering my expectations in a particular situation?
- Am I open to adjusting my goals to be more realistic, or do I tend to stick with lofty ambitions?
- How comfortable am I with the idea of lowering my expectations? Do I see it as giving up or as a strategy for success?
- Do I find it easier to notice and appreciate small victories when my expectations are lower?
- When setting goals, do I focus more on the process or the outcome? How does this impact my satisfaction?
- How often do I allow myself to celebrate small wins, even if they fall short of my original expectations?
- In what areas of my life could I benefit from lowering my expectations to reduce stress and increase success?