

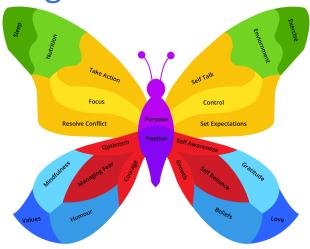




## Building a Resilient Mindset One Day at a Time



Module Three Cognitive Resilience



Set Expectations
Workbook

## "People cannot live up to expectations they don't know have been set for them" Rory Vaden

| Think about a key situation currently ongoing in your life. Describe it? |
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| What are your expectations from yourself in this situation?              |
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| How are you meeting (or not meeting) your own expectations?  |
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| What are your expectations from others in this situation. List the other partie and what you expect from them. |
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| How have you made them aware of your expectations?   |
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| If you asked them about what is expected from them in this situation, what would they say? |
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| Are your expectations and theirs aligned? What impact do you think this has?               |
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| What actions, if any, would be useful to improve or make this situation                    |
| easier/better/more productive?   |
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