

lifexpe™

IT ONLY TAKES 5 MINUTES

FREE FROM OTHER PEOPLE'S
EXPECTATIONS

EMPOWERING PERSONAL GROWTH EXERCISE™

For those who aspire to
improve their lives.

We empower them to take
action and grow.

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LEARNING SECTION

Free from other people's expectations

Introduction

In our daily lives, we often feel pressured by what others expect from us—whether it's family, friends, teachers, or society in general. All these expectations can affect our choices, actions, and even our personal dreams. Trying to meet these demands can lead to stress, worry, and a feeling of losing touch with who we really are.

Sometimes, we get stuck trying to make everyone happy, which can make us unhappy. What's more, these expectations might not even be real. We might just think others expect certain things from us when they don't. These imagined pressures can be just as stressful as real ones.

This exercise is designed to help you figure out and let go of these outside expectations, whether they are real or just in your mind. By doing this, you can start to understand yourself better and live more freely. This exercise will help you see through false assumptions about what others expect from you, allowing you to make decisions based on your own values and desires.

By going through this process, you'll get a clearer idea of what truly matters to you. This will help you live a life that's more true to yourself and more satisfying. Letting go of these outside pressures will give you the (super)power to make choices that reflect who you really are and what you want to achieve.

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EXERCISE SECTION

Free from other people's expectations

Write down the specific expectation and the person who holds it

The expectation:

.....
.....

Who holds the expectation:

.....
.....

Reflect on whether this expectation has been explicitly stated to you or if it's a perceived expectation

This expectation has been stated to me specifically.

This expectation is only perceived, not stated to me specifically.

Confirmed with the person that this expectation is true.

Rate how important fulfilling this expectation is to you from 1 to 10 and reflect on why

How important fulfilling this expectation to me?

1 - Not important

Very important - 10

Describe the consequences for you if you do not meet this expectation

.....
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EXERCISE SECTION

Free from other people's expectations

Describe the consequences for you if you force yourself to meet this expectation

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Ask the person to rate the importance of this expectation to them on a scale from 1 to 10

How important is this expectation to that person?

1 - Not important Very important - 10

- Clearly state your own rating and explain why prioritizing your well-being is important to you.
- Discuss the potential consequences for you if you do not meet this expectation, emphasizing your need for self-care.
- Make a clear decision to fully accept, compromise, or refuse the expectation based on whether it serves your well-being, and communicate this to the person who holds the expectation.

Write a declaration of your decision, affirming your commitment to self-care

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MOTIVATING REASON SECTION

Free from other people's expectations

You're the driving force behind it all. Envision a better self and redefine what's possible—for you.	
Step 1	Describe where you are today. Reflect on what kind of person you are today.
Step 2	Envision what "better" looks like for you. What kind of person do you want to be?
Step 3	Identify actions in the intersection of who you are now and who you could be.

Where am I today?	How do I navigate?	What does better look like?
.....

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