

CU Educator Support

Managing Expectations

Don't forget:
If you want to talk with someone about this worksheet, get other ideas, or just share your thoughts give us a call: Well-Being Support Line at 303-724-2500.

The logic of worldly success rests on a fallacy; that our success depends on the thoughts and opinions and applause of others. A weird life it is to be living in someone else's imagination as if that is the only place in which one can become real.

~Thomas Merton

Questions to consider:

1. What are the day to day activities I am expected to do? _____
2. What would happen if I didn't do them? _____
3. Would anyone other than you notice if they didn't get done? _____
4. How is my role defined? _____
5. How would others define my role? (i.e, what my husband thinks a "good wife" is) _____
6. Do I agree or disagree with their definitions? In what ways? _____
7. What am I expecting from others? Have I told them? _____
8. What did I think this role would be like before it happened? _____
9. In what ways are my realities different from what I expected? _____

Activities to try:

Relationships and Connection

- Write a list of people you care about who could/would help you
- Post something unexpected on social media
- Do the opposite of what you think you should do
- Do something that people would be surprised about
- Communicate with others about their expectations of you
- Ask for help

Clarify Expectations (to avoid Burden)

- Write a job description for yourself for home and work
- Think or journal about what you want to do vs. what others expect of you
- Don't do one thing you think you have to, see what happens
- Say no to a request
- Allow someone to be disappointed or solve a problem on their own