

Expectation Check Tool

Purpose

Pressure often increases when expectations pile up.
This tool helps you sort what's yours from what isn't.

Expectation Snapshot

Pause and notice what's weighing on you right now.

Write one expectation you feel pressure around:

Ownership Check

Place a ✓ next to what fits.

- ☐ This expectation truly reflects my values
 - ☐ This expectation comes from someone else
 - ☐ This expectation used to fit, but doesn't anymore
 - ☐ I'm not sure where it came from
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Pressure Shift

Read and choose what feels true:

- ☐ I'm allowed to meet this expectation in my own way
 - ☐ I'm allowed to release expectations that aren't mine
 - ☐ I don't have to respond to this immediately
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One-Gentle-Adjustment

What would reduce pressure *even slightly* right now?

Reflection

Not all pressure belongs to you.
Clarity lightens the load.
The bridge holds when you choose what's yours.
