

How to Set Realistic Expectations

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

☐

Heart

☐

Mind

☐

Body

☐

Breath

☐

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



What specifically do you expect from your spouse (or significant other)?

A husband / wife?

As a father / mother?

As a life-partner?

Financial contribution?

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What does he / she actually provide?



What have you done to bridge the gap between what you expect and what he / she provides?

Has it worked?

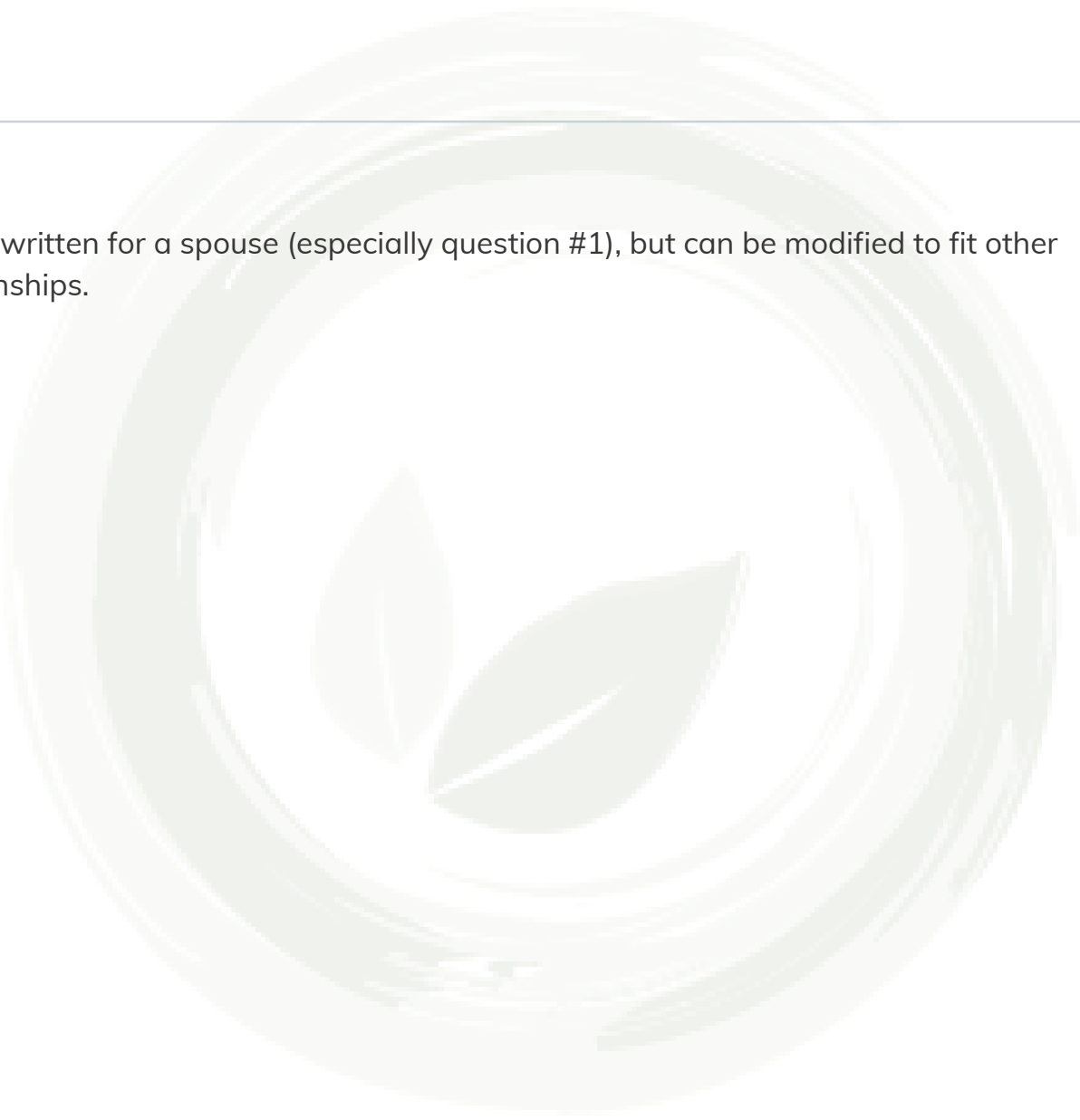
Can it work?

What new actions, behaviors, and attitudes could you adopt that are based upon what really happens and not what you expect?

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What are the benefits of this adoption?



This is written for a spouse (especially question #1), but can be modified to fit other relationships.