

# how to set realistic expectations

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## REFLECT BELOW HOW YOU ARE RELATING TO YOUR **EXPERIENCES TODAY.**

[Daily reflections will reveal which patterns to be more mindful of.]

Date / Time

So far today, have you brought kind awareness to your:

Thoughts?

Heart?

Body?

None of the Above

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

1. A husband/wife?

2. As a father/mother?

3. As a life-partner?

4. 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?

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

- What are the benefits of this adoption?

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

thank you for your mindfulness practice

*It takes a little bit of mindfulness and a little bit of attention to others to be a good listener, which helps cultivate emotional nurturing and engagement.*

- Deepak Chopra

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