



# INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

## Week 27 Action Guide: Expectations

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What expectations might you have, spoken or unspoken, that aren't being met?

Are you slipping into bitterness in certain relationships because of unmet expectations?  
If so, which relationship(s)?

Have you become resentful toward yourself for failing to live up to your own expectations?  
How?



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**Choose one of the situations or relationships from above and follow these steps:**

**Clarify your expectations.** What do you expect?

**Reality check them.** Are these expectations realistic?

**Accept what's possible.** What is reasonable to expect in this situation?

**Own your story.** How are your expectations impacting the story you are making up about yourself/your life?

**Let go of outcomes.** How could you be open to new possibilities?