The EXPECTATION GAPS

Don't Waste Another Minute on the Sunday Scaries

This worksheet will help you evaluate your work situation so that you can figure out what factors are contributing to your Sunday Scaries.

Do you experience the Sunday Scaries almost every week or only once in a while?

If your answer was only once in a while, what work situation are you anxious or fearful of?

Prompts:
- Do you have an over-scheduled week?
- Is there a certain co-workers who is hard to work with?
- Is there a certain client/customer who is hard to deal with?
- Are you being given tasks you haven't been trained for?
- Are you being expected to grow outside of your comfort zone?

What are at least 2 proactive actions you will take to improve the situation(s)? If the circumstances are outside of your control, how will you change your reaction to the situation(s)?

If your answer was almost every week, let's consider 3 factors that may be contributing to your woe.

#1 - Your Work Doesn't Match Your Skill Set

What are 3 or 4 of the critical skills required to perform your work?

What are 3 or 4 natural skills you possess? Things that you're naturally good at or have always been interested in.

Is it possible to integrate your natural skills into work so that it would be more fulfilling? What specific ways will you do this?

If that's just not possible, is there another job/career path that would utilize your natural skills? What steps will you take to start working toward making that job/career yours?

#2 - Your Work Isn't Challenging You in the Right Way

First, it's time to get honest with yourself. Is the problem really that the work isn't challenging? Or is the problem that you are avoiding being challenged by your work?

If the problem is that you are avoiding challenges, why do you think this is?

Prompts:
- Do you feel overwhelmed and burned out by life in general?
- Are you afraid of the unknown? Afraid to try something new & potentially fail?
- Do you think you aren't good enough?

Whatever reason you gave, what action(s) are you going to take to combat it?

If your work really just isn't challenging enough, what steps will you take to move to a more challenging position? Or a more challenging job/career?

#3 - Your Core Values Don't Match Those of the Company/Your Co-Workers

What are your core values? Narrow it down to one or two. Here's a list put together by Brene Brown for reference: https://daretolead.brenebrown.com/wp-content/uploads/2019/02/Values.pdf

What do you think the conflicting values of your company/supervisor/co-workers are?

Can you think of any ways that you can reconcile the differences between your values and theirs?

If not and you decide to change jobs/careers, what 2 or 3 questions will you ask during the interview to ensure the prospective employer's values match yours?