



Energize Yourself to Take Your Leap of Faith

Does your body feel off in some way? Describe how you feel as vividly as possible.

Prompts:

- Do you feel tired? Normal tired? Stressed tired? Exhausted to the bone tired?
- Do you feel bloated? Hungry? Uncomfortable in your clothes? Sugar crash?
- Do you have aches & pains? Are they persistent? Or new?

How is this "off" feeling affecting your mood or your life today?

Prompts:

- Are you grouchy? Quick to snap at people? Very little patience?
- Do you feel bad about yourself? Is this causing you to judge others? Gossip?
- Do you feel hopeless? Like you'll never get ahead of the curve? Just don't care anymore?

Now let's put those thoughts together. Which "off" feeling would you like to change first? What part of your body self-care do you need to work on first? Exercise, diet, or sleep?

Before we go further, remind yourself that you do not need to be perfect. You just need to consistently get a little better every day. You will mess up. That's okay. Acknowledge it, accept it, forgive yourself, and keep going!



Confessions of a Safety-Holic -- Now in Remission

The illusion of safety -- of being able to protect ourselves from failure, hurt, shame, and uncertainty -- can keep us from realizing our full potential. It can keep us from remaining curious and brave.

This worksheet will help you identify areas in your life where you might be playing it too safe and will hopefully give you the courage to start living rather than just surviving and settling.

Is something gnawing at you? A voice in your head telling you to make a change? Make a decision? To "go for it"? Describe it.

How do you feel when you think about what this voice is telling you? Scared. Regretful. Anxious. Excited.

Prompts:

- If you feel happy or content, you might not need any further encouragement.
- If you feel scared, regretful, anxious, or even excited, that's a pretty clear sign that you need to make a change in that area of your life.
- You probably need some encouragement. Let's work through it together -- keep going!

Could you use some coaching and encouragement to learn to live with uncertainty? Reach out to me via email, and we'll work something out! No judgment, no shame, just empathy and inspiration. amanda@theexpectationgaps.com



Reclaim Your Potential From Its Silent Killer

This worksheet will help you gain an awareness of your social media habits so that you can identify any harmful habits you may need to break to become a Deliberate Thinker and realize your potential.

Think back to the last time you used your social media platform of choice? How did you feel afterward?

Prompts:

- Did you feel excited about improving your life?
- Did you feel inspired to make the world a better place?
- Did you feel envious of the experiences your "friends" were sharing?
- Did you feel anxious because you experienced a little Fear of Missing Out?

Now, consider how much time you spend on this platform per day. Be honest, & write it down. Seeing it in writing is important.

Combine these two responses to determine if you need to change your social media habits.

Prompts:

- If you are having positive feelings and are spending a reasonable amount of time on social media, you're probably good to go.
- If you are experiencing negative feelings, any amount of time on social media could be harmful to you and standing in the way of you realizing your potential.
- If you're spending an unreasonable amount of time on social media, it could be interfering with other areas of your life in a negative way.



The Controversial Truth About Your Compensation

This worksheet will help you define what you are willing to give up in exchange for compensation so that you can determine if you are being compensated fairly and in accordance with your expectations.

List 2-3 "things" you're compensated for besides your time.

Prompts - "things" I discuss in the post:

- o Your autonomy
- o Your personal values
- o Your dreams

Pick 1 to focus on for now. Describe what makes you feel like your work requires you to give this "thing" up.

Prompts:

- o Is it to keep the peace with your co-workers?
- o Is it to appease your boss?
- o Is it necessary for a promotion?
- o Is it just part of the company culture?
- o Is it required for the type of work you're performing - laws, standards, regulations?

Is this "thing" something you will have to give up long-term or only short-term to meet a certain objective.



The Question of a Lifetime: How Much Money Do You Need to Be Happy?

This worksheet will help you determine how much money you need to make to meet your needs so that you can be fulfilled.

Do you feel "satisfied" with how much money you make now?

If you said yes, describe why you are satisfied.

Prompts:

- Is it because all of your needs are met?
- Is it because you make the same or more than your peers/friends?
- Is it because you don't think you deserve more?
- Is it because you're not willing to do what it would take to earn more?

If you said no, describe why you are not satisfied.

Prompts:

- Is it because you are not able to meet your needs?
- Is it because you make less than your peers/friends?
- Is it because you think you deserve more?
- Is it because you're doing what it takes to earn more, but the money's not coming?