



The EXPECTATION GAPS

A Practical Introduction to the Power of Intentional Living

This worksheet will help you practice intentional living, Deliberate Thinking specifically, so that you can create life-changing habits.

What do the terms "intentional living" and "Deliberate Thinking" mean to you?

Name 1 or 2 areas of your life that you would like to be more intentional with.

Prompts:

- Your career
- A relationship
- Physical fitness
- Money

Now, get specific. Name 1 or 2 things you can do to be more intentional in these areas of your life.

Now that you've set some intentions, let's Deliberately Think about your day -- either the day you had today or yesterday.

STAY CURIOUS!

What's something you would like to learn more about?

How can you learn more about it?

Prompts:

- Search The Expectation Gaps' site 😊
- Google search
- YouTube
- Netflix documentary
- An actual book

Now do whatever you just wrote down. Even if you don't have time to read or watch anything right now, find something to read or watch later. And commit to reading/watching it by adding it to your calendar.

Jot down a few things you learned.

YOU JUST STAYED CURIOUS!

PERSONIFY CORE VALUES

Reflect on the day you just experienced or the day you experienced yesterday.

Name some ways that you personified your core values.

Not sure what your core values are? Go here:

<https://theexpectationgaps.com/name-your-core-values/>

Name some ways that you did NOT personify your core values.

How could you change these behaviors or actions tomorrow so that you do personify your core values?

**YOU JUST GOT ONE STEP CLOSER TO
PERSONIFYING YOUR CORE VALUES!**

EXAMINE EXPECTATIONS

Reflect on the day you just experienced or the day you experienced yesterday.

What are some expectations you had during the day?

Think about who placed these expectations on you: yourself, a family member, your boss, society, etc.

Are you willing to live by these expectations? Why or why not?

For the expectations you're not willing to live by, how could you change your behaviors or actions so that you don't?

YOU JUST EXAMINED YOUR EXPECTATIONS!

RESPECT OTHER POINTS OF VIEW

Reflect on the day you just experienced or the day you experienced yesterday.

Think of a point of view that you disagreed with, whether it was in real life, on social media, on TV, whatever.

What was the point of view and whose was it?

Why do you disagree with it?

Why do think this person holds this point of view?

Really try to understand where this person is coming from. Can you accept the fact that their experience is different than yours?

YOU JUST RESPECTED ANOTHER POINT OF VIEW!

EXECUTE WITH INTENTION

Reflect on the day you just experienced or the day you experienced yesterday.

We're going to go back to the intentions you set on the first page. What actions did you take during your day that got you closer to meeting these intentions?

What actions did you take during your day that held you back from getting closer to meeting these intentions?

What actions can you take tomorrow to get closer?

Follow through on these actions tomorrow! Write them on a sticky note. Email yourself. Set a reminder in your phone. Whatever you need to do. Then ...

YOU WILL BE EXECUTING WITH INTENTION!

You just embraced each component of The Cycle of Deliberate Thinking. Now you need to practice these life-changing habits every day so that you can live with intention!