



5 Reasons Your Personal Growth Can't Be All About You

This worksheet will help you focus some of your personal growth efforts on building relationships -- together time.

First things first, you may want to identify who you want to spend your together time with -- your green flag people. If you're unsure, check out this post/worksheet.

<https://theexpectationgaps.com/how-to-be-intentional-with-others/>

Aspect #1 Set Manageable Expectations

Think of someone who never seems to meet your expectations. Or, vice versa, you feel like you never meet theirs. What is the expectation?

Is it your expectation? An expectation that has been communicated to you? Or an expectation you created in your own mind?

What questions could you ask to figure out how to manage the expectation?



What negotiations are you willing to make if you're trying to manage competing expectations?



What clearly communicated expectation do you now both have? Write it down because then you will be more likely to follow through on it.



Aspect #2 - Learn From Someone Else

Who would you like to learn from?

What would you like to learn from them? And why?

Schedule a time to meet with this person. Or, if you want to learn from someone you cannot get face time with, what videos, books, podcasts, etc. could you turn to? Schedule a time to do so.

Aspect #3 - Practice Empathy

Do you consider yourself an empathetic person? Why or why not?

Think of an interaction you had recently when you could have practiced empathy. When someone was having a tough day or was looking for some guidance. How did you react?

What thoughts and feeling do you imagine were running through that person's head?

Can you relate to these thoughts and feelings? Because you or someone close to you has experienced them before?



Now, after trying to relate to the other person's thoughts and feelings, how would you react to them if you had a do-over?



Aspect #4 - Serve Others

How could you be of service to others?

- Could one of your green flag people use some help?
- What about another family member or friend?
- Is there a volunteer activity you would like to pursue?
- Do you have a skill that others could benefit from?
- What's something you could do to lighten the load for someone in your household? Or a co-worker? Or a neighbor?
- Or, maybe simply focus on smiling at others, holding doors, letting someone go in front of you in line, etc.

Now, schedule time to do some of these things.
After you have served others, write down how do you feel?

Aspect #5 - Fulfill Your Love/Belonging Need

Who would you like to build a stronger relationship with? Why?

In what way? Would you like to:

- Build trust
- Give affection more freely -- receive affection more freely
- Feel accepted -- make the other person feel accepted
- Feel like part of a group

What are 1 or 2 actions you can take to get started?