



The EXPECTATION GAPS

A Candid Look at the Value of Making Sacrifices

This worksheet will inspire you to shift your mindset so that you can look at making sacrifices as a positive thing and recognize the value of what you gained.

Think of a small sacrifice you've made recently. A few categories to consider, as discussed in the full-length post.

- Time and/or money
- Comfort and/or gratification
- Ego and/or pride

What exactly did you sacrifice? And how much value did that "thing" have to you? Why?

What did you gain? Or what do you expect to gain from making this sacrifice?



Did this sacrifice ease suffering now or in the long run? How?



Did this sacrifice help you seek meaning? How?



Now let's move on to a greater sacrifice that you've made in your life. What was it?



What exactly did you sacrifice? And how much value did that "thing" have to you? Why?



What did you gain from making this sacrifice?



Did this sacrifice ease suffering in the long run? How?



Did this sacrifice help you seek meaning? How?



You'll probably find that the greater sacrifice led to greater value -- a greater ease of suffering or a more meaningful change in your life.

Let's try one more . . .

Think of a sacrifice you're considering making.
What is it?

Blank space for writing the answer to the first question.

What exactly would you be sacrificing? And how much value does that "thing" have to you? Why?

Blank space for writing the answer to the second question.

What do you hope to gain from making this sacrifice?

Blank space for writing the answer to the third question.

What suffering could this sacrifice ease in the long run? How?



How could this sacrifice create meaning in your life?

