

Ordinary+

Expectations Worksheet for Ordinary+ aligned with the 8 Ds of Self-Improvement

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Expectations Audit Worksheet: Aligning Your Expectations with the 8 Ds of Self-Improvement

“Your expectations shape your effort, your emotions, and your development.”

Use this worksheet to reflect on how your expectations help—or hinder—each of the 8 Ds of personal development.

Instructions:

For each of the 8 Ds below, answer the reflection questions honestly. Then, consider the “Reframe Prompt” on each to help you adjust or elevate your expectations where needed.

Write down in your journal (you do have a journal, right?) your answers and then your reframe prompt answers.

1. Desire

“What do I want from life?”

“What do I expect is truly possible for me in life right now?”

“Am I holding back my desires because I don’t expect to succeed?”

Reframe Prompt:

“What would I desire if I expected success instead of failure?”

2. Decision

“What choice am I making—big or small?”

“Do I hesitate to make decisions because I expect the worst, or at least failed outcomes?”

“Do my expectations push me toward clarity, or indecision?”

Reframe Prompt:

“What decision would I make today if I trusted the process of the 8 Ds?”

3. Dream

“What creative dream am I nurturing?”

“Do I expect that I’m worthy of my dreams?”

“Am I dreaming big but expecting little?”

Reframe Prompt:

“How would my dreams change if I believed they were inevitable?”

4. Drive

“What energizes me to act?”

“Are my expectations of progress realistic and motivating?”

“Do I expect things to be easy—or am I prepared to endure?”

Reframe Prompt:

“What expectation would give me sustainable energy to keep going?”

5. Discipline

“How consistently do I show up?”

“Do I expect quick results and get discouraged too easily?”

“Am I consistent with effort, or only when I feel motivated?”

Reframe Prompt:

“What would it look like to expect mastery through repetition?”

6. Determination

“How do I respond when it gets tough?”

“Do I expect obstacles—and am I mentally (and emotionally) prepared for them?”

“What happens when my expectations and reality don’t match?”

Reframe Prompt:

“What if I expected resistance but carried on anyway?”

7. Delight

“Do I enjoy what I have?”

“Do high expectations make it hard to appreciate small wins?”

“What moments have exceeded my expectations recently?”

Reframe Prompt:

“What can I be thankful for today, regardless of outcomes?”

“Do I expect growth to be linear, or am I open to evolving at my own pace and in a dynamic way?”

“Am I measuring my progress fairly or harshly?” (Future Thinking: Analyse every six months progress and reassess)

Reframe Prompt:

“What expectation would support my growth—not punish my pace?”

Final Reflection:

Based on this worksheet, which expectation do I most need to let go of?

Which one do I need to bring back into focus?

Optional Exercise:

Use a 1–10 scale to rate how aligned your expectations are with each D word. Revisit this monthly to track shifts in your mindset.