

Reality vs Expectations Worksheets

Follow the steps to bring happiness in your life

Step 1:

Stay close to the Reality

Understand and accept your reality first, learn that you have control over certain things, rest you can't control so accept the things as they are and then try to improve your situation.

Home	Work
Relationships	Others



Step 2:

Improve your Reality

To improve your reality, you will have to see your values that are important to you and want to achieve, you'll have to make a list of the resources that you need to utilize.

Home	Work
Relationships	Others



Step 3:
Lower your expectations

Do whatever you find necessary and that resonates with your values, don't expect anything in return. The key to happiness is expect nothing from your relationships, friends and in life.

Home	Work
Relationships	Others