

# Changing My Standards



20 Minutes



This is the last step in learning how to set yourself appropriately high standards. You need to have completed both the 'Evaluating My Standards' and the 'Setting Expectations' worksheets before continuing.

Area that I am trying to change: \_\_\_\_\_

How I know that I achieved my goal: \_\_\_\_\_

Date	Progress to change (1-4)	If no steady progress, what is the barrier?	Am I consistent with adopting new behaviours?	What can I do to overcome the barrier?

1. Look back at the '**Setting Expectations**' worksheet. Transfer your newfound goals (for areas rated as '**1X**' (standards too low) or '**3X**' (standards too high)) to this sheet.
2. You can fill in as many sheets as you like, one for each area that you are trying to change.

- **Date:** On regular occasions, review your progress to your goals. One possibility is to set a fixed time of the week where you will sit down with your sheet and reflect.
- **Progress to change:** Every time you review your progress, note down a number from 1-4, signifying how much progress you made.

<i>No progress at all</i>	<i>Very slow progress</i>	<i>Steady progress</i>	<i>Goal attained</i>
1	2	3	4

- **Barriers:** If you feel that there is no steady progress, list possible barriers.
- **New behaviours:** Reflect on the information you listed on the '**Evaluating My Standards**' sheet. Are you sticking to the behaviours you identified as useful for meeting your goals.
- **Overcome the barriers:** If you identified any barriers, list strategies for overcoming these.