

Evaluating My Standards



10 Minutes



This is a quick way to identify both areas where you could improve standards that are set too low and areas where your standards are high or even too high.

| The expectations I have for myself in... | Are... | | | Am I happy about that? (✓/X) |
|--|--------|---|---|------------------------------|
| | 1 | 2 | 3 | |
| <i>My health</i> | | | | |
| <i>My appearance</i> | | | | |
| <i>My friendships</i> | | | | |
| <i>My relationship / love life</i> | | | | |
| <i>My relationship with my parents</i> | | | | |
| <i>My relationship with other family members</i> | | | | |
| <i>My relationship with my boss / colleagues</i> | | | | |
| <i>My attitude to people in general</i> | | | | |
| <i>My self-discipline</i> | | | | |
| <i>My mindset</i> | | | | |
| <i>My future</i> | | | | |
| <i>My Work</i> | | | | |
| | | | | |
| | | | | |

1. Rate your **expectation levels** across various life domains (using the 1-3 scale), with higher scores meaning higher standards in that area.

| <i>Don't have any</i> | <i>Neither high or low</i> | <i>High</i> |
|---------------------------|--------------------------------|-------------|
| 1 | 2 | 3 |

Note: You also have the option to add areas that are not considered or to ignore those that do not apply to you. It is about your life so you can freely decide which life areas are relevant to you.

2. Once complete, go back over your ratings and check whether you are **satisfied** with the **state of your standards** or not.
 - If happy, place a \checkmark next to that row.
 - If unhappy, place an X next to that row.

Try to really listen to yourself and make the appropriate mark.

Note: It could be the case that you rated your standards in an area as low and that you are unhappy about that. Likewise, in another area your standards could be high, but you are not ok with that.

3. You have identified and evaluated your standards. You are now ready to complete the '**Setting Expectations**' tool which will help clarify what you would like to change about these standards. If you are struggling to choose which standards to work on first, the '**Wheel of Standards**' tool may help you decide.