

Changing My Standards

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.



Standards



20 Minutes



Advanced

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?

Full Instructions

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.

No progress at all	Very slow progress	Steady progress	Goal attained
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.