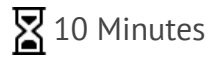


# Evaluating My Standards

This tool is a quick way to see areas where you could improve standards that are set too low and identify 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	
My health	1	2	3	
My appearance	1	2	3	
My friendships	1	2	3	
My relationship / love life	1	2	3	
My relationship with my parents	1	2	3	
My relationship with other family members	1	2	3	
My relationship with my boss / co-workers	1	2	3	
My attitude to people in general	1	2	3	
My self-discipline	1	2	3	
My mindset	1	2	3	
My future	1	2	3	
My work	1	2	3	
	1	2	3	
	1	2	3	

# Full Instructions

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

Don't have any	Neither high nor low	High
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 ✓ 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 fill in the **'Setting Expectations' worksheet** 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.