

Challenge 4: Learning how to deal with disappointments

Assignment 2. Adjust your expectations

- In the left column, list 5 things you expect of yourself. For each expectations, write down what the situation is like now.
- Compare your expectations with the real situations. What do you notice? Are your expectations realistic? If not, change your expectations to make them more realistic. Use the table below.

Expectation	Current situation	Is the expectation realistic?	Realistic expectation

