

superlife: realistic expectations[™]

This week, Dr. Happy has a great reminder about the importance of realistic expectations. Because change isn't always quick or smooth! This activity sheet will guide you through ensuring that your expectations are realistic.

1. REFLECT UPON THE GAINS (AND LOSSES) YOU'VE MADE TO-DATE AND THEN CALCULATE HOW SUBSTANTIAL THESE CHANGES WILL BE IF YOU CONTINUE MAKING POSITIVE PROGRESS FOR ANOTHER MONTH, 6 MONTHS, A YEAR OR ANOTHER 5 YEARS?
2. THINK ABOUT CHANGE AS REALISTICALLY AS YOU CAN AND ESPECIALLY, TO ANSWER THE FOLLOWING QUESTIONS:

IS IT REALISTIC AND HELPFUL TO ASSUME CHANGE WILL BE SMOOTH AND EASY?

IF NOT, WHAT IS A MORE REALISTIC EXPECTATION OF MY PROGRESS TOWARDS MY SUPERFASTDIET GOALS AND MY SUPER LIFE?

GIVEN THIS, WHAT CAN I SAY TO MYSELF WHEN I'M TRENDING UPWARDS, IN A NICE AND POSITIVE WAY? (HINT: REWARD AND REINFORCE YOURSELF!)



AND WHAT CAN I SAY TO MYSELF WHEN I HAVE A SETBACK OR MAKE A MISTAKE? (HINT: PRACTICE SELF-COMPASSION: BE KIND TO YOURSELF THE WAY YOU'D BE KIND TO SOMEONE ELSE IN A SIMILAR SITUATION. AND REASSURE YOURSELF THAT IT'S OK NOT TO BE OK AT TIMES, AND THAT YOU CAN BOUNCE BACK.)
