

HOW TO:

SET REALISTIC EXPECTATIONS FOR YOURSELF

Not everything has to be your A-game

Note: This advice is specifically for perfectionism in your personal life (like self-care and new habits). To learn how to set realistic expectations in the workplace, check out [page 136](#). (Or don't. You do you!)

Set your bar low

- Instead of making your goal about finishing a whole task, focus on completing a tiny baby step that's better than nothing
- How can you make your goal as easy (and non-intimidating) as humanly possible?
- Getting started is often the hardest part; you might go above and beyond the bare minimum once you've gotten going
- Make 'streaks' easier to maintain

Something is better than nothing

- Consistency is gonna be up and down
- Progress is not necessarily steady or linear, but that doesn't mean it's not happening
- Growth takes time
- Keep in mind there will be ebb and flow

Recognize black-or-white thinking

- Remember there are shades of gray; things aren't just a total success or complete failure
- If you fall off the wagon, get back on ASAP using your bare-minimum goals to guide you (instead of getting discouraged and waiting until you're motivated again)

Don't try to do it all at once

- Instead of trying to "fix" all areas of your life, pick one to focus on (exercise, sleep, healthy eating, drinking water, staying tidy, etc.)
- Try to get one thing down before you start to add any more to your plate

Perfectionism is the enemy of good

- Save your energy for what truly matters
- It can be difficult not to be disappointed in yourself if you know you're capable of more
- Cut yourself some fuckin' slack, okay?
- Try to live on "easy" mode where you're not struggling to meet your own expectations (and eventually give up)

OLD EXPECTATION	BARE MINIMUM
MAKE BED: Tuck sheets, fold blanket at the foot of the bed, decorative pillows	Loosely throw comforter over mattress and put pillows at the head of the bed
EXERCISE: 30 minutes every day	Put on workout clothes and shoes, exercise for at least 2 minutes
DRINK WATER: 8 glasses every day	Chug a whole glass of water when I take my morning and evening meds

