



## HOW TO: SET REALISTIC EXPECTATIONS FOR YOURSELF

*Redefine what "success" looks (and make it easier to achieve)*

**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 [How to Set Realistic Expectations at Work](#) (pg. 128). (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 begun
- Easier to keep streaks going

### 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 accomplish one thing 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, so you're not always disappointing yourself by failing to live up to your own (self-imposed) expectations

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 for 30 minutes daily	Put on workout clothes and shoes, exercise for at least 2 minutes
Drink 8 glasses of water daily	Chug a whole glass of water when I take my morning and evening meds

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