Establishing Expectations

This exercise is about creating default 'rules' whilst planning for change - understanding *your own boundaries first, so you can communicate these to others.*

Category	Your rules (repeatable, 'default choice')	Your exceptions (flexible, factors that may change this)
Sleep		
Work		
Social		
Food		
Movement		
Recharge		
Interests		

Discover your 'tendency'

Complete this <u>free quiz</u> to discover how your brain naturally responds to expectations and demands - how can you use this information to stay accountable to your rules?

My 'tendency' is...