

# Expectations Inventory

What are the expectations you create consciously and subconsciously?

## Professionally – how do you define success?

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Where are you now? \_\_\_\_\_  
On a scale of 0-10 (0 being unfulfilled in this area, 10 being completely fulfilled in this area)

What can you do to bridge the gap? \_\_\_\_\_

## Personally – how do like others to show you love or friendship?

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Where are you now? \_\_\_\_\_  
On a scale of 0-10 (0 being unfulfilled in this area, 10 being completely fulfilled in this area)

What can you do to bridge the gap? \_\_\_\_\_

## Physically – what do expect to see/feel as it relates to your body?

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Where are you now? \_\_\_\_\_  
On a scale of 0-10 (0 being unfulfilled in this area, 10 being completely fulfilled in this area)

What can you do to bridge the gap? \_\_\_\_\_

## Spiritually – what do you want/expect in terms of your spiritual growth?

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Where are you now? \_\_\_\_\_  
On a scale of 0-10 (0 being unfulfilled in this area, 10 being completely fulfilled in this area)

What can you do to bridge the gap? \_\_\_\_\_

**Are your expectations empowering you?**



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