



WORKSHEET: Letting Go of the Unreasonable

- 1. What's one expectation I've been holding over myself?**
(e.g., "I should have my retirement perfectly figured out.")

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- 2. Why is this expectation unreasonable or unhelpful?**
(e.g., It assumes I should never feel confused or stuck.)

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- 3. How has this belief made me feel? What has it stopped me from doing?**

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- 4. What new, more compassionate belief could I try instead?**
(e.g., "I'm allowed to take my time adjusting.")

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- 5. What's one small action I'll take this week based on this new belief?**