

# Personal Expectations

*Optimism is the faith that leads to achievement.*

~ Helen Keller

## Principle

Identify the rules and constraints that you put upon yourself. Name them, understand them, and prioritize them. Only by examining your own ethical guidelines can you possibly hope to succeed through them or eliminate them from standing in your way.

## Instructions

Write the rules or constraint that you've placed upon yourself. Identify the deepest why behind your need to follow this guidelines you've created. Ask yourself "why" up to five times to understand the most basic root cause behind this action or restriction. Prioritize it on a 5 star scale, with 5 stars being the most vital and appropriate.

Rule or Restriction:	
Why:	Score ★ ★ ★ ★ ★
Rule or Restriction:	
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Why:	Score ★ ★ ★ ★ ★