HEATHER BROD LLC

Sometimes our obligations feel oppressive or we hold on to expectations that aren't aligned with what is really important to us. This often shows up in statements or thoughts that begin with "I should" or "I shouldn't." These shoulds can make us feel dissatisfied, burdened or overwhelmed.

When we are able to identify our shoulds, we can then reframe them into wants by connecting them to what is really important to us with respect to the bigger picture of how we live our lives. This helps us see the connection between what we do and who we are, and also opens up new choices, giving us agency and intentionality, and ultimately, a feeling of empowerment.

To practice this, first describe what is important to you about the way you live your life? What do you value? What is your vision or life's mission?

Next, using the chart below, list your shoulds. Jot down everything that comes to mind. Then, identify, is each should an obligation, meaning it is non-negotiable and must be done, or an expectation, meaning, you think it *ought* to be done.

Reframe obligations into wants by connecting them to what's important to you about how you live your life. Reframe expectations by first identifying where the expectation is coming from. Then ask yourself, what does this represent with respect to what's important to me about how I live my life?

Finally, explore the choices that arise from identifying what you want. Is there something entirely different available to you that meets the want? Is the should something you can let go of?

Should	Obligation/Expectation	Want	New Choice(s)
e.g. I should read more books	*Expectation*	*I want some alone time doing something I like*	*Lessen TV time; listen to audiobooks*
e.g I should feed the kids	*Obligation*	*I want to live a healthy lifestyle*	*Get mealkits; prep in advance; no guilt when too tired to cook*

https://heatherbrod.com
heather@heatherbrod.com