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# WHAT I WANT VS WHAT I'M EXPECTED TO BE

## *Journal Guide*

This guide comes from Episode 10 of The Limitless Tribe Podcast. It helps you sort what others expect from you and what you want for yourself. Use the two columns to see the gap, drop what feels wrong, and choose the path that fits your life.

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# What's Expected of Me

List the paths others want or assume for you. Think school, career, roles you should fill, friends or partners, etc.

01.

# What' I'd Choose For Me

List what you want if people backed you with no judgment.  
Please be honest.

## 02. Compare

Look at the two lists then ask yourself:

- Which items feel heavy
- Which feel light
- Which match both lists
- Which belong only to others
- Which come from you

Your body will notice the difference.

## 03. Drop What Isn't Yours

Go back to Column 1.

Mark (X) the items that came from others. Keep the ones that line up with Column 2.

*You do not need to carry expectations that never felt like yours.*

## 04. Choose Your Direction

Using what you chose for yourself, finish:

I want to spend time on...

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I feel more like myself when...

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The life that fits me moves toward...

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I am letting go of...

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Remember! 

You don't need permission to live your life.  
You only need honesty with yourself.

Don't forget to choose YOU today.

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