

# OBLIGATION VS EXPECTATION

A social, legal, or moral **requirement**, such as a duty, contract, or promise

A belief that someone will or **should** achieve something.

*Example:*

**Requirement**

Yes    No

**\***

\_\_\_\_\_ I must make sure my child does not go hungry \_\_\_\_\_

Check anything you feel you **MUST** do; Is it truly a requirement.

_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	

What will be the benefits of not doing this?	What will be the benefits of doing this?

Which alternative will be the most effective, for myself, others, the situation, and my goals?

What would WISEMIND choose?