



Shoulds / Can'ts / Fears

We all have that little voice in our heads that says what we SHOULD do, what we CAN'T do, what we're AFRAID of. Speaking those fears, limitations, and expectations can lessen their hold on us. On this worksheet you'll identify your shoulds/can'ts/fears around the difficult decisions you need to make during your time in college.

Write out some shoulds/can'ts/fears weighing on you in college.

Now think of all the shoulds/can'ts/fears and think how it has impacted your ability to make decisions. Write out some of those impacts.

Consider where these pressures come from. Place all those shoulds/can'ts/fears into their appropriate circle of influence.

Yourself

Family/Friends

Others/Society

