



## High Standards? Think Again

### Let Go of High Expectations

**Goal:** Sometimes we set very high and possibly unrealistic standards for ourselves and others. Accepting that we all have different interests and talents can be difficult, but it helps to celebrate our own skills and let go of things that are not for us.

**[Tip]:** Think about what makes you unique and special.

**Why is this important?** People who believe in themselves and accept the way they want to live will model confidence and independence for others.

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<https://doi.org/10.1007/s10826-017-0830-5>