



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 once we do, it becomes easier to celebrate our own skills and let go of the things that are not for us.

Click [here](#) for a video tip!

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

References: Wittkowski, A., Garrett, C., Calam, R., & Weisberg, D. (2017). Self-Report Measures of Parental Self-Efficacy: A Systematic Review of the Current Literature. *Journal of Child & Family Studies*, 26(11), 2960–2978.
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