

# Spill the T.E.A. Self-Paced Flow Course

## Module 3: **Expectations**

### *Unpacking our Filters*

We all see the world through filters—shaped by our experiences, beliefs, and conditioning. These filters influence what we expect of ourselves, others, and life itself. This worksheet helps you examine the filters you're operating through, bringing awareness to what's shaping your perspective and whether it still serves you.

What spoken or unspoken expectations shape the way you move through life?

---

---

---

---

---

Where in your life do you feel burdened by expectations? Where do they feel supportive?

---

---

---

---

---

How do you realize the difference between Truth and expectation?

---

---

---

---

---