

14-Day Self Growth Challenge

WITH COACH MOLLY K

Day 9: Responding to Expectations

When you set about making change in your life, knowing how you respond to expectations is extremely important. A light bulb went off for me this last year, when author Gretchen Rubin, conducted a coaches' continuing education training on her research called The Four Tendencies. She discusses how we tend to respond to inner and outer expectations can really affect our motivation and habit building.

So, your activity for today is to discover your tendency. She offers a free on-line quiz for you to do just that. Here is the link: [CLICK HERE](#)

So take your quiz, read your report and think about how you can use the knowledge of your tendency to achieve your goals!

Looking forward to growing with you!

- Molly K.

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