

Expectations

Our expectations are a preview of coming events. Expect failure and you'll fail. Expect to win and you win. Yes, it is that simple.

Wanting to win, and wanting to do something is far different than expecting to win or expecting to do something. You have to believe in yourself first. Believe, not wish. Believe, not pretend. Believe, not just say it.

Expectations are positive or negative as well as high or low. When you don't expect much of yourself, you won't get much. When you are negative, the results will be negative.

George Bernard Shaw (1856~1950) told the following story, "A Native American elder once described his own inner struggles in this manner: Inside of me there are two dogs. One of the dogs is mean and evil. The other dog is good. The mean dog fights the good dog all the time. When asked which dog wins, he reflected for a moment and replied, 'The one I feed the most'"

Are you feeding the expectation of failure or of success? What do you focus on?

Remember a time you just knew you'd win? I bet you do. It is not often we do not win when we truly expect to win. The same goes for losing. Even negative talk reduces our expectations, or exposes our true expectations.

Years ago my wife and I decided we wanted to buy my parent's house. While driving with my father I asked him. He told me, "No, your mother won't move." My expectation was that we were going to buy the house. His quick 'no' surprised me; however, I knew we'd buy the house. The next day he stopped in my office to tell me my mother said, "The only other house I would live in is Russell's." Several months later the expectation became a reality.

As a young girl my mother had the expectation that she would live in the Wickford Lighthouse. It was almost 50 years later that she moved into the Lighthouse. She never wavered in her expectation.

We can talk ourselves into or out of almost anything. Put a 12 inch wide plank on the floor and you can walk from one side of the room to the other with ease. You expect to be able to do it. Put that same board up 10 stories high between buildings and do you expect you'd be able to walk across it without falling? For most of us the answer is no. But, it's the same board and the same skill needed. But, seeing the height our expectations change.

**Your expectations are your belief, your belief is your reality, and your reality is your life.
Why not expect the best? Expecting the best and doing your best makes life more
interesting and fulfilling.**