



## *5 Steps to Manage Your Expectations*

Here are 5 steps to practice daily in managing your expectations of others and yourself. Set an intention to do this and notice how much more peace you are experiencing in your life.

### 1. BE the Person You are Wanting Others to BE:

Whatever you want to expect from others, expect it from yourself instead of them. Don't depend on people for your happiness. Do you want love from people? Love yourself as much as you expect from them. Do you want to be helped? Help yourself as you expect them to help you.

### 2. Express Gratitude:

Gratitude is a game changer. It brings more joy and peace to our lives. If you were to be in a state of gratitude for who you are, what you have and for all the people you love and care for, you would never look outside of yourself for someone or something to make you happy.

### 3. Focus on What you Give, Not What You Will Get in Return:

Do acts of kindness for the pure joy of the kindness. Let go of any expectation that you will be rewarded, or that the favor will be returned.

#### 4. Query Your Expectation:

When expecting something from someone ask yourself if this is based on how YOU would do it? Remind yourself that not everyone has the same ability to do the things the way that you would do them.

#### 5. Look for the Learning Opportunity:

Unmet expectations will most likely lead to disappointment. When you are feeling disappointed, take the time to ask yourself what you could do differently next time. Here are 3 questions that could help:

1. Did I speak up and ask for what I want?
2. Did I create an agreement, or just assumed that I had one?
3. Did I expect the other person to be and do just like me?

*“When you release expectations, you are free to enjoy things for what they are instead of what you think they should be.” – Mandy Hale*