

# The one thing you can never let down!

This week your Weekly Winning Resource is all about the word expectation. While doing research and creating the content for you, we found there are a lot of quotes about this word with a negative vibe to it. For example, "Expect nothing and you will never be disappointed." While that quote may have some truth to it, how sad it would be for you to go through life never expecting anything good to happen. Consider expectation to be more like hope. We hope for things not yet seen, but we still hope. The same is true for the word expectation. Let's always expect the best is yet to come. Expecting the best is yet to come keeps you working hard towards your goals, even when the task at hand seems too daunting, or even impossible. When you have high expectations, you will most certainly have times of disappointment, but that should not keep you from living with a higher standard of expectation. It simply means, you stay grounded and not let the disappointment become a disaster simply because your expectation wasn't met. Where we may get in trouble with this powerful word, is when we put expectations on others. The key to success is not in holding others to a high expectation, but holding yourself to it. Our purpose at I've Decided is to make sure you achieve your goals and dreams whatever they may be, and we know a part of the motivation for you to keep going on your success journey is to expect good things to come!

## Your Weekly Winning Word:

### **Expectation:**

The belief that something will happen

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## **Your Weekly Winning Article:**

Having expectations can certainly cause you grief if you don't manage them well. The goal is to work towards your goal with the expectation of success, but manage your expectations along the way so that you don't have unrealistic expectations. We found this great article by Alli Worthington, "Manage expectations so they don't manage you!" Check it out: [Click Here To Read](#)

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## **Your Weekly Winning Challenge:**

Take some time this week to evaluate where you are and where you would like to be in achieving your goals by answering these four questions. 1) What are your expectations? 2) Based on the advice in the article above, how can you manage them appropriately? 3) Do you have unrealistic expectations? 4) How can you adjust them to be more realistic?

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## **Your Weekly Winning Quote:**

**"Expect more from yourself and less from others." ~ Unknown**

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