

WHAT DO YOU EXPECT AFTER DIVORCE

Do you get up each day, look at your schedule, go through the motions and just take what comes your way? Or do you get up with expectations for the day? Do you have goals for the day? the week? the month? or are you taking life as it happens? If so, how is that working for you?

After your divorce have you acquired the mindset, if I don't expect anything good to happen then I will not be disappointed when it doesn't? What if you started to raise your expectations and you got what you expected? Or, what if you started to have expectations beyond what you could imagine and even got half of what you expected? Wouldn't that be better than expecting nothing and getting all of it?

I have listed some quotes below on "expectations." Read through them and see if any of them resonate with you. Do you agree or disagree with the statements?

"Whatever we expect with confidence becomes our own self-fulfilling prophecy." By Brian Tracy

"Your attitude is an expression of your values, beliefs and expectations." By Brian Tracy

"We will always tend to fulfill our own expectation of ourselves." By Brian Tracy

"We tend to live up to our expectations." By Earl Nightingale

"Our limitations and success will be based, most often, on our own expectations for ourselves. What the mind dwells upon, the body acts upon." By Dennis Waitley

"The greater danger for most of us lies not in setting our aim too high and falling short; but in setting our aim too low, and achieving our mark." By Michelangelo

"The quality of expectations determine the quality of our action" By A. Godin

What are you expecting for your future? I encourage you to take some time to think about your expectations. What are the messages you have been telling yourself? Find a place to get quiet, get some paper. Now think about the various areas of your life, relationships, career, finances, physical/emotional health, dating, dreams and aspirations. Write down the messages you tell yourself about what you "expect" in different areas of your life. No need to analyze them. Just brainstorm and write them down for now.

After you have made your list, look it over. Are you limiting yourself in any area with too low expectations? Is there something you tell yourself about what you can expect based on your childhood? Do you really want what you are "expecting" or do you want to "expect" more for yourself? Your past does not have to dictate your future. Why not re-write the statements you tell yourself and increase your expectations.

This will involve becoming aware of your thoughts and expectations. It can take some time. When you find yourself having limited beliefs, thoughts, expectations, you will need to make a conscious effort to replace those thoughts with greater, more powerful positive beliefs, thoughts and expectations. Posting the statements that you re-write for yourself can be powerful and serve as a great reminder.

Do you know that God wants you to have an abundant life? He wants good things for you. He is able to do above and beyond what we could ever imagine. Do you realize what you may miss out on in your life, if you limit God, by limiting your beliefs and expectations? Try getting up each day expecting God to bless you, for His favor to be upon you and your children, expecting to have a good day despite your circumstances.

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After divorce, have you given up on ever being happy again? What are you expecting in your future? Are you just hoping to survive day to day or do you want to enjoy your future? Your marriage may have ended in divorce, but you still have a future ahead of you. The choices you make today will determine your future. Will you choose to dwell in the past and dread the future, or will you choose to move forward and create a future filled with hope? Please visit me at: <http://www.ahopefilledfuture.com>

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