



CULTIVATING THE SEEDS OF CHANGE ©
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The Year of Gratitude

Expectations

Every day is filled with expectations for ourselves, for others and from others. Expectations are necessary as parents and leaders help teach and shape youngsters for the future. Businesses set expectations against which they measure progress. Politicians craft expectations about how their countries are to be treated by other countries. Certainly, expectations have a place in our world. But, are expectations always beneficial?

Setting expectations for children when they are young is necessary so that they learn to function within the rules of their society. That is, until they are of an age where they begin to experience the world at a higher level of understanding. If we project our expectations onto our children, we are unduly burdening them with our beliefs of what would be best. Parents, teachers and mentors are responsible for laying a foundation. The child is responsible for building their own future in a way that meets their needs and makes sense to them.

We join groups which set expectations that also, in some way, limit us. Home Owner's Associations, for example, set standards or expectations about how homes in their community should look. The intent is to standardize things so we know what to expect, to establish a comfort zone.

In work environments, businesses set expectations against which they measure progress. Bosses convey the expectations for employee conduct. What also happens in the workplace and in other facets of our daily lives is that we project our expectations onto others as to how WE expect them to behave. I am talking about expectations beyond what is acceptable in our society to keep us safe. We set expectations about things such as what car to drive and even how to park that car.

What expectations do you have for others' behavior? You may expect your spouse to notice when you need attention or your friend to know what you may be upset about. Are those expectations restrictive or expansive?

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GROWTH ACTION PLAN FOR OCTOBER 2008 ©

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As we operate within our comfort zones, we notice places when things around us conflict with the parameters of that zone. Beyond what meets our basic health and safety needs, seeing the behavior of others as deviant from what we define as the norm is a restrictive expectation.

Look back at the 1960's Hippie movement. There were diverse expressions of individual personality. Some felt threatened by the uniqueness and others were swayed by it. Many spiritual leaders talk about this movement as being the beginning of an awakening of our consciousness, of our moving away from expectations placed upon others to a more accepting existence with others.

Growth emerges from experience and experiments. Tolerance grows from acceptance and letting go. Community grows from an environment in which people are encouraged to expand their experiences without expectations for a specific outcome.

In your daily world, notice when you encourage others to grow. Your encouragement may be in the form of ignoring their behavior, disengaging from harmful conversations, such as complaining or spreading rumors or by allowing them to figure things out on their own instead of offering unsolicited advice.

Take time to observe as well. When does that voice in your head squawk about how someone else drives, how "they" do things to "us", or about what other people "should" do?

What can you replace those thoughts or reactions with? For instance, someone younger than you is acting, in your mind, irresponsibly because they are horsing around in public. No harm is caused to anyone. How close can you come to accepting their abandon?

Maybe you observe someone older than you moving through the world with dark glasses- they can only see how bad everything seems. When observing them, what else can you see? Are they offering you an opportunity to examine what makes you uncomfortable about them and adjust your expectations?

Set aside a short time each day where you just observe the world and your expectations of it and those that dwell here. Can you let go of your expectations?

For things to be different you have to cultivate change. Take action ! Contact Renée at Renee@landofpossibility.com or call 866-337-2728. to experience a sample coaching consultation.

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