

"Expectations"

What are your expectations of yourself, others and circumstances?

When we have expectations or preconceptions we often times get disappointed. Everyone has a different view or perception of a situation; no one person sees a situation the same way.

When we remove expectations from our lives, we remove the disappointment and disapproval. We then can live our lives based on what happens instead of what we think should happen.

This is a very freeing place to be, it allows life to flow naturally. If we trust life to just unfold and happen without resistance, it becomes smooth, more peaceful and effortless. Just know that you are always where you are supposed to be at every moment of life regardless of your current circumstances. KNOW that life is constantly changing and moving it does not sit still, even though at times it may seem that way. We may freeze and feel we cannot move forward at times, but in order to live life and live it to the fullest, we must take action everyday. It requires movement on our part in order to flow naturally.

WE MUST TAKE THE NECESSARY STEPS IN ORDER TO PARTICIPATE IN LIFE AND FULFILL OUR OWN PURPOSE!

Daily Affirmation

"I am able to release all expectations and allow life to flow naturally, while moving forward fearlessly!"