**Expectations**

**My soul, wait only upon God;**

**for my expectation is from Him.**

***(Psalm 62:5)***

**Expecting is Accepting-in-Advance. *(Gladys E. Miner)***

**The “as if" principle is the basis of the Law of Expectation, which says that what you expect and believe with confidence will tend to materialize. What you believe becomes your reality. The “as if" principle is an important component to affirmations -- states that are constructed in a positive manner, in the present tense, as if the result were an actuality. For example, when Fred declared, “I'm fantastic," he expected to be fantastic. He behaved “as if" he were fantastic. Therefore, over time, Fred became fantastic. Fred had the potential to be fantastic. What is it that you really want to do, become or accomplish? Utilize the “as if" principle. Put your goal or dream into affirmation form. Then make a commitment to yourself to follow through by doing what you have to do to live up to your affirmation, because if you don't do your part, your subconscious will lose confidence in you. Think of your subconscious mind as the giant within you. Awaken your giant by expecting, believing, acting and behaving as if you are living up to your potential. (Alice Potter, in The Positive Thinker's 10 Commandments)**

**They aim high. I once asked a world-class athlete to guess at the outcome of a major competition. I'll come in fifth," he said. And that's exactly where he finished, even though he could easily have placed third, or even second, since two other major contenders fared poorly. In setting our sights low, we often live up to our expectations. Contrast him with "Flo Jo" -- Florence Griffith-Joyner. Training a week before the 1988 Games, she wrote in her diary the time she expected to run and win the 100-meter dash: 10.54 seconds. When Flo Jo crossed the finish line, the clock showed 10.54. She had not only seen herself winning, but called her winning time to the split second. (John E. Anderson, in Reader's Digest)**

**Some of my best performances were given when I didn’t know what I was expected to do. *(Ashleigh Brilliant, in Pot-Shots)***

**My roommate was interested in a young man in her English-literature class, but she was too shy to let him know. One day she overheard him say he was on his way to the library for a certain book. She rushed to the library, found the book and stuck in it a letter from her mother. “Why would he want to read a letter from your mother?” I asked. “He wouldn’t, but if he’s any kind of gentleman he’ll return it to me.” Her dorm and room number were on the envelope, of course. The next day he appeared with the letter and asked my roommate out on a date. “Couldn’t fail,” she later told me. “The book was Great Expectations.” *(Ginger Johnson, in Reader’s Digest)***

**Dolly: “I’m expectin’ a call. Eventually, I mean.” *(Bil Keane, in The Family Circus comic strip)***

**If it’s true that our species is alone in the universe, then I’d have to say the universe aimed rather low and settled for very little. *(George Carlin)***

**Christopher Columbus on his explorations expected to find people so primitive they’d speak Hebrew. So he took along Jewish interpreters. *(L. M. Boyd)***

**A complaint is a statement about expectations that have not been met. *(Janelle Barlow)***

**It’s so disappointing when I keep getting what I expect. *(Ashleigh Brilliant, in Pot-Shots)***

**Don't lower your expectations to meet your performance. Raise your level of performance to meet your expectations. Expect the best of yourself, and then do what is necessary to make it a reality. *(Ralph Marston)***

**You Entertaining would be a lot easier if you could just convince yourself that guests don’t expect any more at your house than you do at theirs. *(Beryl Pfizer, in Ladies’ Home Journal)***

**Experience is what you get when you are expecting something else. *(Bits & Pieces)***

**Going to great lengths to sell a man something he does not want is a clumsy way of trying to get money. I have never really had to sell at all – only to explain the favor I expected to do the prospect. The principle holds true, whether one’s selling a tangible thing like a rubber tire, or something intangible, like the future of the company. *(Harvey S. Firestone)***

**Blessed is he that expects nothing, for he shall never be disappointed. *(Benjamin Franklin)***

**You get what you expect. *(Alvin Ailey, American choreographer and modern dancer)***

**Our most dangerous tendency is to expect too much of government, and at the same time do for it too little. *(Warren G. Harding)***

**You must expect great things of yourself before you can do them. *(Michael Jordan)***

**Before, I was very bored with life. I drank a fair bit, I guess; I didn’t do any work . . . When one’s expectations are reduced to zero, one really appreciates everything that one does have. *(Stephen Hawking, physicist, replying to an interviewer who asked him what it’s like to live with Lou Gehrig’s disease)***

**Boy says while fishing: “I’ve decided to lower my bar for expectations. If you go through life expecting nothing, then you are seldom disappointed, and in most cases you are pleasantly surprised. Hey, what do you know? I caught something.” Cow: Wow! A boot! At least it’s not medical waste.” Boy: “That’s the spirit.” *(Mark Leiknes, in Cow & Boy comic strip)***

**You can't expect to make a place in the sun for yourself if you keep taking refuge under the family tree. *(Claude McDonald, in The Christian Word)***

**How can you expect a man who’s warm to understand one who’s cold? *(Alexander Solzhenitsyn, author)***

**Whenever you hear a man speak of his love for country, it is a sign that he expects to be paid for it. *(H. L. Mencken)***

**Thirty-nine percent of high schoolers say they expect to be millionaires by age 40. Currently, 1.2 percent of American adults are millionaires. *(Money, as it appeared in The Week magazine, December 1, 2006)***

**A master can tell you what he expects of you. A teacher, though, awakens your own expectations. (Patricia Neal with Richard DeNeut, in As I Am: An Autobiography)**

**Let your hook be always cast; in the pool where you least expect it, there will be a fish. *(Ovid)***

**Amy Tan, author of The Joy Luck Club, says that she didn't think she'd ever be able to fulfill her parents’ expectations: “If I got straight A's, they'd want straight A-pluses. If I got straight A-pluses, I'd have to win a Rhodes scholarship. When I finished The Joy Luck Club, it went on the New York Times best-seller list at No. 4, way beyond anyone's expectations.” My mother said, “Hmmm. No. 4. Who is this No. 3? No. 2? No. 1?” But right after that, she said, “I'm not disappointed you're No. 4; I just think you're so good that you always deserve to be No. 1.” It finally hit me. I remember being so angry when I was younger, not understanding. I brought her to a talk I gave, and she sat stone-faced throughout the whole reading, never changing her expression. “Did you like what I read?” I asked her when it was over. “I wasn't listening,” she replied. “All I could do was look at you and say, ‘That's my daughter.’” *(Mark Morrison, in USA Weekend)***

**Act like you expect to get into the end zone. *(Joe Paterno, in New York Times)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**An old man sat outside the walls of a great city. When travelers approached, they would ask him, “What kind of people live here?” And the old man would answer, “What kind of people live in the place where you came from?” If the travelers answered, “Only bad people lived in the place where we came from,” then the old man would reply. “Continue on; you will find only bad people here.” But if the travelers answered, “Only good people lived in the place where we came from,” then the old man would say, “Enter, for here, too, you will find only good people.” *(Yiddish folk tale)***

**Expect people to be better than they are; it helps them to become better. But don't be disappointed when they are not; it helps them to keep trying. *(Merry Browne, in National Enquirer)***

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**If you expect perfection from people, your whole life is a series of disappointments, grumblings and complaints. If, on the contrary, you pitch your expectations low, taking folks as the inefficient creatures which they are, you are frequently surprised by having them perform better than you had hoped. *(Bruce Barton)***

**Since the recession began, the average “job footprint” – a measure of what a worker is expected to produce – has increased by a third, says the Corporate Leadership Council, while pay has stagnated. A separate survey found that 63 percent of workers feel their bosses do not appreciate their extra effort. *(The Economist, as it appeared in The Week magazine, June 4, 2010)***

**In an overworked, behind-schedule lawn-mower repair shop in Vienna, Virginia: “If you want it real bad – that’s probably the way you’ll get it.” *(James C. Wade, in Reader’s Digest)***

**When love and skill work together, expect a masterpiece. *(John Ruskin)***

**Jean-Paul Sartre (arriving in heaven): “It’s not what I expected.” God: “What did you expect?” Sartre: “Nothing.” (SCTV)**

**The secret of happiness: Self-help books insist they know the secret. Psychologists spend hours trying to help people achieve it. Now scientists from University College London believe they have found the key to happiness: low expectations. People who don’t expect much from life, they say, are much more content and derive greater pleasure when things go well. For the study, the team scanned the brain activity of volunteers as they participated in a game. Scientists found that the degree of happiness players experienced when they won a reward depended on how much that reward matched up to their expectations: the lower the expectations, the happier they were. Neuroscientist Robb Rutledge, who led the work, said that in the real world, people with lower expectations get greater pleasure from receiving a gift, going on vacation, or having a great meal. “Happiness depends not on how well things are going,” Rutledge tells The Washington Post, “but whether things are going better or worse than expected.” (The Week magazine, August 22, 2014)**

**The greatest obstacle to living is expectancy, which hangs upon tomorrow and loses today. *(Seneca)***

**Under-promise and over-deliver. In other words: Set reasonable expectations and deliver service that exceeds the expectations. *(The Circle of Care)***

**Expectation is the root of all heartache. *(William Shakespeare)***

**There is only one kind of shock worse than the totally unexpected: the expected for which one has refused to prepare. *(Mary Renault, author)***

**Any liquor that didn’t make the frontier Indians sick was too weak, they thought. Or so reports one historian. That’s why they didn’t complain when traders put soap in their beer to give it a bigger head. Sick is what they expected. *(L. M. Boyd)***

**It is the nature of man to rise to greatness if greatness is expected of him. *(John Steinbeck)***

**Everything takes longer than you expect – even when you expect it to take longer than you expect. *(Ashleigh Brilliant, in Pot-Shots)***

**Choosing Sides: The first day of school, the first-grade teacher went to great lengths to explain what she expected in the way of conduct and what disciplinary measures she was prepared to take. After the class was dismissed, a little boy went up to her and said, “I just want you to know that I’m one of the good guys.” *(Bob Beck, in San Pedro, California, News-Pilot)***

**To expect too much is to have a sentimental view of life and this is a softness that ends in bitterness. *(Flannery O’Connor)***

**A crowd of troubles passed him by as he with courage waited; he said, “Where do you troubles fly when you are thus belated?” “We go,” they say, “to those who mope, who look on life dejected, who merely say ‘good-bye’ to hope, we go where we’re expected.” *(Francis J. Allison)***

**Unexpected money is a delight. The same sum is a bitterness when you expected more. *(Mark Twain)***

**Athens’ lesson: underpromise, then overachieve: Walt Whitman once said about boasting, “If you done it, it ain’t bragging!” The same idea applies to Athens’ hosting the 2004 Summer Olympics. Observers were betting on the event being a nightmare: Stadiums wouldn’t be finished; the real marathons would be snail-paced traffic jams; strikes would shutter the hotels; blazing heat would short-circuit the electric grid; and, worst of all, terrorists would be present. At the finish line: The Acropolis still stands; classy new arenas sparkle on the skyline; a flawless traffic flow deserved a gold medal; labor strikes were AWOL, power stayed juiced and the bad guys were no-shows. For 17 days, Athens was the smoothest, safest spot on planet Earth. Did I say 17 days? When did those games really begin? Years ago! If you want to win at the Olympics, go for the gold in the biggest game of all: expectations. Did the Greeks hate the months of negative pre-press? Not on your life. They knew what the sliest college football coaches and the longest-lived corporate CEOs have known for eons: Where TV rights fork out the real freight, it pays to be underestimated, then shoot the lights out, and they crown you with laurel leaves. *(Harvey MacKay, in Outswimming the Sharks)***

**Yes, but it’s only my unrealistic expectations that are keeping me alive. *(Ashleigh Brilliant, in Pot-Shots)***

**What more can we ask than to never know what to expect. *(Paul Violi, poet)***

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