



For many of you, the anticipation of a bountiful harvest from the fruit of your labor propels you forward in much if not all you do. How prepared are you to handle a situation when things don't go as expected? The need for producing a particular outcome and control go hand in hand.

Control is as subjective as it is sensitive. Those who have it need to retain it, those who lose it keep trying to get it back, and those who never had it are stuck somewhere between apathy and rejection. When people need to be in control and are not, they become aggressive, resentful or despondent. Managing people who expect to be controlled is a whole different conversation. Let's circle back to expectations.

One of the challenges in holding high expectations when most things are not in your control is; you easily set yourself up for disappointment. A foreseeable victory lost unexpectedly doesn't take long to cascade into an old pattern of misfortune. It's the quick recovery that's important.

When you invest considerable time, energy, or finances into a project where failure isn't an option - the stakes feel high. You can become driven for the wrong reasons and quickly disappointed when the outcome is any less than what you believe is in your best interest.

We've been conditioned to want what is best for those we care about and for ourselves. The variable in the circumstance of "best interest" is this; you can do only so much then the rest is out of your control.

For many, any outcome less than the "ideal" produces a range of emotion from shame to betrayal. What if instead of being knocked down one could be grateful for the experience and find the gift in whatever transpired? That shift in perspective once adopted to all things becomes a game changer in life. Stress levels will drop, and gratitude will increase. What if someone received what they needed instead of what they wanted and could be OK with it? Consider Richard Branson, how many things do you think he got right the first time around?

You can still have expectations; however, I invite you to frame them more loosely to leave plenty of room for a variety of outcomes. Detaching from outcome frees you to stay in the present moment and do your best. It will also help you be less critical of yourself. No one can expect more than your best. Even you.



Another exercise I love is the three phases of "wouldn't it be." When I'm attending an event or hosting one I envision three different outcomes.

1. "Wouldn't it be great if _____ happened?"
2. Then there's the "out of the park" outcome!
3. Lastly, there's the over the top variation when I see myself saying, "This is so freaking awesome you can't make this sh!t up!"

When you loosen up, you open up. I can only imagine what the universe has in store to show you once you start giving your best then detaching from the outcome.