

"Trade your expectation for appreciation and the world changes instantly."

Tony Robbins

Healthy and Happy You

Building your capacity to thrive

KEY TAKEAWAYS

Summary Week 4: Great Expectations Building on the Best

The greatest lesson of 2020 and 2021 is that life can propel us into situations where things that once worked no longer do. Those are the times where innovation is invited and expansion beyond what we perceive as our limitations is possible. History repeats itself because as human beings we have the tendency of over-coming without necessarily learning. As we move towards fanning the flames of the future, we have to keep great expectations alive in our minds and in our hearts.

The sun is setting on so many around us, let us not forget that life is a gift. COVID-19 has literally brought death to our doorsteps. We are losing colleagues, we are losing friends, we are losing family and we are losing health...this is really a tough time.

With every second the clock is ticking on our lives...we are on borrowed time. Time is the most expensive currency because no matter how materially healthy we become, we can't buy it back. They say that "time is money" but time is more than money, time is life.

- *"Although the world is full of suffering, it is also full of*
- *overcoming it."* ~Hellen Keller
- Depending on how we choose to look at this period, we can either see it as a time that was pregnant with problems or pregnant with possibilities and this is all dependent on how we are willing to perceive the change.
- As we purposefully forge ahead it's crucial that we take stock of our growth and personal development with great expectations and BUILD on the BEST!
- Mindfulness suggests that we have an opportunity to choose whether we react or we respond. Having great expectations requires that we allow ourselves to experience whatever growth is possible.
- *"We are all in the gutter but some of us are looking at the stars."* (Oscar Wilde)
- Call to Action
- Take a step forward today, no matter how small -always ensure you are moving forward.
- Stay focused on the stars -keep acts of kindness at the forefront of your mind.
- Give your brain a break. Take gaps in your day to step away from your problems and to relax.
- Have great expectations. Remain alert to opportunities, seek out opportunities to move forward and capitalising when they arrive.

Journaling prompts - Acknowledging Acts of Kindness

Given:

- Act of kindness granted to loved ones
- Act of kindness granted to a colleague
- Act of kindness granted to a stranger / someone unfamiliar

Received:

- Act of kindness granted to loved ones
- Act of kindness granted to a colleague
- Act of kindness granted to a stranger / someone unfamiliar

Most Important:

- Act of kindness given to self.