



Change Your Expectations, Change Your Life

Inspired by the work of Dr. Jennice Vilhauer

“Expectation plus action equals the creation of your life experiences.”

—Dr. Jennice Vilhauer

Our expectations shape how we feel, how we act, and ultimately what we experience. If you want to create a better outcome, begin by exploring your expectations with these three powerful questions:

- 🔍 **1. How is what I’m expecting making me feel?**
 - Pay attention to your emotional state.
 - Positive feelings signal helpful expectations.
 - If you're feeling anxious, discouraged, or stuck, take note—your expectations may be working against you.
- 🎯 **2. What would I like to have happen instead?**
 - Get clear on your desired outcome.
 - Many people know what they *don't* want, but rarely define what they *do* want.
 - This step realigns your focus from fear to possibility.
- 🔧 **3. What do I need to do to make what I want happen?**
 - Begin outlining simple, practical steps.
 - Action moves you from wishing to doing.
 - Even small steps shift your mindset and change what feels possible.

🧠 Key Takeaways

- ✓ The past doesn't define your future.
- ✓ Changing your expectations changes your emotional tone.
- ✓ Action reinforces new, empowering beliefs.
- ✓ The more you expect success—and act on it—the more likely you are to achieve it.

✅ Practice Tip

Use this 3-question method anytime you feel stuck, discouraged, or unsure about a situation. Write out your answers to gain clarity and direction.

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Disclaimer: The above shares ideas in exploring personal progress as derived from various sources. It is intended as information only and is not intended as advice to engage in any specific physical or mental activity. Always consider whether these ideas, concepts, techniques & activities are right for you and always confer with your health professionals.

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