

13 Expectations and Aspirations–

The following is a list of thirteen things that we can hope and strive for if we keep working toward upward change without giving up or giving in:

1- Each day we are alive is a new opportunity to wake up and start feeling motivated. Even if you do not feel motivated now, if you keep working at it, sooner or later you will eventually feel the motivation and inspiration necessary to succeed if you do not give up.

2- Insight building is a lifelong process. If we continue to strive to be honest with ourselves and learn to consider things from perspectives outside of our own when needed, we can learn a lot from our mistakes and our successes which can help us keep learning and growing on an ongoing basis.

3- We can begin to view pressure from authority or other outside entities in our lives as opportunities to increase our motivation to better ourselves rather than first seeking ways to hide who we really are from others

4- With persistence and practice we can learn to better manage our moods and emotions, however challenging that may be, rather than allowing our moods and emotions to repeatedly manage us.

5- We can learn to continue to improve our attitude and thereby work toward remaining positive even when faced with negative people, situations, and circumstances.

6- We can learn, practice and develop commitment and self-control and thereby no longer have to be a slave to our cravings and desires when it comes to our former bad habits.

7- We can continue to identify, develop and strive toward positive goals. When those goals are met we can then make new goals rather than just being content to “go through the motions” each day.

8- We can learn to anticipate and prevent setbacks before they happen so that we can be proactive in avoiding a return to negative behaviors. When we see ourselves going in the wrong direction we can learn to insightfully readjust our lives as needed and get back on the right track.

9- We can help others who may be discouraged, stressed, or struggling, simply by being understanding, encouraging, and willing to listen and also by setting a good example ourselves.

10- By overcoming bad habits and compulsive behaviors we can increase and maintain our sense of dignity and self-respect with time. We can also learn to develop an increased sense of ethics by striving to increase our ability to make the right choices in our lives even if those right choices at times may be difficult or unpopular.

11- We can learn to establish and appreciate stability in our lives and freedom from avoidable “highs” and “lows” and unnecessary “drama”. When unavoidable events trigger a sense of chaos or turmoil in our lives we will learn to again seek to return to stability to the degree we are able.

12- We can seek to positively examine, and when necessary re-examine, our values and priorities so that we can have an improved basis for making better decisions for ourselves and those we care about.

13- We can develop increased sense of honesty and forethought by simply learning to make choices today that we will not later feel ashamed of or compelled to conceal tomorrow.