

Save the SAHM Podcast-March

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Episode #9 – Healthy Expectations

- Control is an issue for many of us mommas
 - We are so used to having to get things “together” that we let the doing mentality seep into other areas sometimes
- 1. Evaluate my expectations**
 - a. What are my expectations of others?
 - b. Why?
 - c. Are they capable of what you're expecting from them?
 - d. Do you expect it of yourself?
 - e. Are the driven by perfectionism?
 - 2. Give Grace**
 - a. Be gracious – share with others what you have been given
 - b. *“But grace was given to each one of us according to the measure of Christ's gift.” Eph. 4:7*
 - c. Who are we to withhold the gift that we received freely?
 - d. Look in the mirror; You aren't perfect either
 - 3. Have Hope, Expect greatness not perfection**
 - a. Be hopeful to see the best in your family
 - b. Change your high expectation to high positivity
 - c. It's not that we shouldn't expect anything, but we should be mindful of what we should expect; are the expectations from a place of perfectionism
 - 4. Allow people to be who they are**
 - a. It's hard to be who you are under the thumb of another person
 - b. When we allow people to be themselves, they blossom, and we benefit from their freedom
 - c. *“My help comes from the Lord, who made heaven and the earth.” Psalms 121:2*
 - 5. Encourage your tribe**
 - a. Be the voice of encouragement not scrutiny



- b. *“Gracious words are like a honeycomb, sweetness to the soul and health to the body.” Proverbs 16:24*
 - c. Saying: you attract more bees with honey
- *Healthy expectation is built on positivity not perfectionism, encouragement not critical scrutiny.*

Today’s Take Away: Expect good, express gratitude!

