

# Expectations & Frustrations

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[www.johnnovaksport.com](http://www.johnnovaksport.com)

## **Expectations not reached lead to frustration, angst and negativity.**

- **Golden Rule:** Words, thoughts and actions always positive. No exceptions. Every day in every way. **24/7 On!**
- **Boomerang Effect.** What you put out is what you get back in return. Put out the good stuff.
- **Choice.** Every moment in life is a choice. Choose wisely. Take responsibility for all your actions and reactions.

### **Expectation**

Definition: Act of expecting, expectant mental attitude; anticipate that it will happen, likely to happen. *Also* means, - probability, anticipation, belief, likelihood, good chance, presumption, prospect, hope, confidence, certainty, presume, take for granted.

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| <ul style="list-style-type: none"><li>▪ Identify your Expectations.</li><li>▪ What are the Pro's and Con's of these expectations? Analyse them individually.</li><li>▪ Tricky business setting your expectations. Carefully consider them.</li><li>▪ Expectations provide you with targets.</li><li>▪ Are expectations – ultimate dreams, goals, desires?</li><li>▪ Never under-estimate your opponent, the circumstances or the challenge at hand.</li><li>▪ Expectations dashed = Failure, Confusion, Doubt, Reassessment</li></ul> | <ul style="list-style-type: none"><li>▪ Damage control. Affects Belief... Unmet expectations can affect your self-esteem.</li><li>▪ Having them increases pressure to live up to expectations.</li><li>▪ Alternatives to thinking</li><li>▪ Low, High, No expectations? In what circumstances would it be beneficial or advantageous to entertain each of these?</li><li>▪ Focus on instead; Processes, work ethic, systems, the things that work.....</li><li>▪ Is it the expectation that drives you?</li><li>▪ Always changing...thus, change.</li></ul> |
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### **Frustrations**

Definition – to make plan's, efforts that are of no avail; baffle, nullify. To disappoint or thwart (a person) Moreover means = being aggravated, annoyed, irritated, disturbed, dissatisfied, disappointed, disillusioned, disenchanting, upset, let down, angry, irate, infuriated, wound up, *rope-able*, distressed, sad, dejected, headless...list is endless. Not really in a good place.

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| <ul style="list-style-type: none"><li>▪ What does it feel and look like to be frustrated? What energy do you project? In this state - do you get technically any sounder?</li><li>▪ Recognise your most troubling frustration, now compare this state to your -</li><li>▪ Ideal place: which is.....<i>think is respect to your mind, body, emotion and spirit.</i></li></ul> | <ul style="list-style-type: none"><li>▪ Attitude of success. Aspire to a World Class attitude. Language of success: <i>It is what it is, this is an opportunity</i> etc?</li><li>▪ How does your favourite athlete deal with frustration?</li><li>▪ Staying on track. Accountability measures must be adopted</li><li>▪ Feel it but don't be it. Let go...An art.</li></ul> |
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Do everything in your power to play brilliantly and if that leads to a victory, so be it. .

**If you can't control it - set it free**     *John Novak*

Continue to invest in your dream!

[www.boomerangeffect.com.au](http://www.boomerangeffect.com.au)    Within Aust: 0414 626 233    Overseas: (61 2) 414 626 233