

SPIRITED WOMEN'S NETWORK

EMPOWER. SUPPORT. CONNECT.



For a chance to win this summer reading pack, register an email address for our monthly newsletter.

“To free us from the expectations of others, to give us back to ourselves--there lies the great, singular power of self-respect.”

Joan Didion (American journalist, essayist, and novelist.)

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Great Expectations – January Edition 2009

Each New Year is ripe with expectation. We welcome the dawn and load it with resolutions and promises. I find expectations are a double edged sword. We feel the need to have expectations to guide and inspire us, yet if we can't fulfill them or they don't 'look' how we want them to, then it can be depressing and frustrating. Perhaps the key is to put the dream and intention out there but with the knowing and understanding that sometimes what we want isn't necessarily what we need. By accepting and living fully where we are, while creating a future we desire, we can be joyful in all moments. Happy New Year, may it bring you peace and happiness and may your great expectations be just that – great.

Natalie

Ps. Do you know of any fabulous women in business? For the month of January they can register in the Spirited Women's Network business directory for twelve months **free!!**

Expectation - The Silent Killer

Dr Pamela

Expectation... such a great and powerful word. Most of us want our expectations not only fulfilled but exceeded. And why not? After all, don't I have the right to expect what I want, how I want it, when I want it, and in the precise manner I want it?

Sure you do! In fact, we all do! The problem comes in when you try to impose your expectations - great and otherwise - on someone else. Your boyfriend, your partner, or your husband, for instance. Here's where you begin wading in murky waters.

While you can share your hopes, dreams, and desires with another, you can't force them into obedient compliance. Okay, well you can if you're running the military program in your relationship!

But any use of forceful persuasion becomes controlling. And once you're exerting control over your mate, you're no longer allowing him to be free in making choices that are in alignment with his truth and support his growth.

You may think you don't really care about this, but I can assure you that if you are not creating a dynamic in which you're both free to express and live according to your truth, your relationship is headed for doom and gloom.

Sure, you want your guy to do whatever you want him to do and you want to be able to expect that. If he truly is on the same page as you in this regard and the area concerned, then he most likely will meet your expectations.

Recipe Tips

Great Expectations Toffee Bars

Ingredients

Cookie base:

* Cream 1/4 cup each butter and shortening and 1/2 cup firmly packed brown sugar.

* Stir in 1 cup sifted all-purpose flour, mixing well.

* Spread base over bottom of greased and floured (or parchment lined) 13- x 9- x 2-inch pan. Bake at 350°F 10 to 12 minutes.

Mix:

• 2 large eggs

• 1/4 cup Copa De Oro
Coffee Liqueur

• 1 cup brown sugar, packed

• 1/4 cup sifted all-purpose
flour

• 1 teaspoon baking powder

• 3/4 teaspoon salt

• 1 1/4 cups flaked coconut

• 3/4 cup chopped pecans

Preparation

Beat eggs in small bowl.

Beat in coffee liqueur and brown sugar until fluffy. In large bowl, resift flour with baking powder and salt. Stir into creamed mixture. Fold in coconut and pecans.

Pour over partially baked cookie base and return to oven. Bake 20 minutes or until top is set. Remove from oven and cool on wire rack. Cut into bars.

This Month's Poem

EXPECTATION

Edgar A Guest

Most folks, as I've noticed,
in pleasure an' strife,

Are always expecting too
much out of life.

They wail an' they fret

Just because they don't get

The best o' the sunshine,
the fairest o' flowers,

The finest o' features, the
strongest o' powers;

But if he's doing what you want out of a false sense of obligation and simply not to incur your wrath, then he is not being his true self, and sooner or later, things will fall apart.

You see, any time you impose your stuff on someone else and make them feel that they would honor it if they loved you, you are manipulating them, and certainly not coming from love yourself. Just as you want to become and be whole, you want your man to become and be whole as your equal partner.

Denigrating him to a position in which he cannot rise to his higher self actually keeps you both low, disconnected and incomplete. Sure you want agreement in your relationship, but not at the cost of sacrificing his or your truth.

This also sets you up for dependency and co-dependency, a state in which you need him to fulfill your needs whether they're realistic or not, and you fall into devastation when he doesn't. He then wants to meet your needs to prevent this dark state, and feels terribly guilty when he doesn't.

It's a Lose-Lose proposition. You lose sight of who you really are and fail to empower yourself with that Higher Truth. He loses his ability to think for himself and grow accordingly. You both lose the opportunity to come from love and share love with each other.

My suggestion is that you place all your expectations on yourself and encourage your guy to do the same for himself. That way, you can individually and together both "shoot for the stars!"

In Loving Light,

Dr. Pamela

Dr. Pamela works to help women evolve into their highest selves and attain their potential in all areas of their lives. To gain insight into your journey to your Higher Self, check out her blog site:

<http://growinghealthyrelationships.com/>

The Power of Expectation – Do you expect to succeed with your home business?

Travis Winn

What do you expect out of yourself? Do you expect to succeed with your home business and financial goals, or do you have the feeling that you will most likely fail?

Expectation rules our lives. We inevitably get what we expect whether it be the best or the worst. It seems an all too common problem that people, when starting home business, actually expect to fail. Expecting to fail leads to failure, there is no way around this fact. The good news is, however, that if you can muster up the confidence and expect success...it will only be a matter of time until you do.

First let's figure out why expectation is so critical. It's ultimately a matter of attention. Where we place our attention greatly determines where we end up. If you expect to fail at starting a home business, even though you truly desire all the benefits, where is your attention going? It's going to the obstacles, the barriers, the often tedious duties of working online, and to the disappointment when results take longer than expected.

What happens to your motivation when you are focusing all your attention on these negative experiences? Well it invariably plummets. How could it not? If all

They whine an' they
whimper an' curse an'
condemn,
Coz life isn't always bein'
partial to them.
Notwithstandin' the pain an'
the sufferin' they see,
They cling to the notion that
they should go free:
That they shouldn't share
In life's trouble an' care
But should always be happy
an' never perplexed,
An' never discouraged or
beaten or vexed.
When life treats 'em roughly
an' jolts 'em with care,
They seem to imagine it's
bein' unfair.
It's a curious notion folks
hold in their pride,
That their souls should
never be tested or tried;
That others must mourn
An' be sick an' forlorn
An' stand by the biers of
their loved ones an' weep,
But life from such sorrows
their bosoms must keep.
Oh, they mustn't know what
it means to be sad,
Or they'll wail that the
treatment they're gettin' is
bad.
Now life as I view it means
pleasure an' pain,
An' laughter an' weepin' an'
sunshine an' rain,
An' takin' an' givin' ;
An' all who are livin'
Must face it an' bear it the
best that they can
Believin' great Wisdom is
workin' the plan.
An' no one should ever
complain it's unfair
Because at the moment
he's tastin' despair.

you think about are the downsides, the trials, the seemed failures....what's going to keep you going long enough to succeed? Building any business, whether it be an online home business or a "brick and mortar" offline business, takes time. There is a certain gestation period, a period of growth that is inescapable. Depending on the nature of the business and the competition of your market, it could take anywhere from 6 months to 2 years before you begin turning any substantial profits. Sticking it out is something that the majority DOES NOT DO. People are way too easy to through in the towel; quitting always seems to be the popular choice. Quitting is the only way to fail.... If you never quit, and continue to pursue your goals with enthusiasm, dedication, and positive expectation, you will become UNSTOPPABLE. So what then separates the quitters with the people who become unstoppable?
Well here we come back to the topic of discussion.....EXPECTATION. The unstoppable ones, the brave individuals that continue on no matter what hurdles stand before them, have had a positive expectation to succeed. From the very start of their home business building journey, they knew that they were going to succeed, they expected the best.
The attention of these people isn't on the obstacles, the work, or the delays. Nope, their attention is on the goal, the finish line, the rewards and benefits of sticking it out till the end. They meet obstacles with a positive attitude. They find ways over, around, or through them. They have to...they expect to succeed. Its obvious then why any pursuit must be began with the expectation of success. If you think your going to fail, you will look for reasons to make failure your reality. When you decide that you will succeed no matter what, you will look for opportunities to excel. We create for ourselves a self-fulfilled prophecy. Begin any journey with confidence, a lot of motivation, and a firm expectation to succeed. This is a great recipe for success.
We can see one of the ingredients to this recipe is motivation. What motivates you? An easy way to stay motivated is to constantly think of the rewards of success rather than the penalties of failure. Use your imagination, daydream, get excited, and feel the feelings of success. If you can feel the emotions of reaching your goals, you will carry with you a constant supply of motivation that will allow you to take one more step, try one more solution, and persist for one more day. In the end you will have taken your home business farther than 99% of people, because you will not have given up when success may have been just around the next bend. We never know the exact timing of the completion of our goals...and there is only one way to find out. You must persist long enough to find out for yourself. Expect the best, expect success, expect to enjoy the blessings of a thriving home based business, and you will find it all. We always find what we are looking for, and we are inevitably looking for that which we expect. What are you looking for?

My name is Travis Winn and I am a professional Internet marketer, home business entrepreneur, and online success coach. I enjoy teaching people how to use natural laws to unlock their potential for great home business, financial, and personal achievements. You can visit my website for a lot of free information and motivation at <http://www.home-business-advantage.com>

Books To Challenge Your Expectations.

Expecting Adam: A True Story of Birth, Transformation and Unconditional Love

By Martha N. Beck

Crucial Confrontations: Tools for Resolving Broken Promises, Violated Expectations, and Bad Behaviour

By Joseph Grenny