

To achieve the goal, end 8 expectations of this 'unbelievable'

Life should be fair or believe that you can change others are two of the many ridiculous illusions that many people are nurturing in their heads.

Your expectations - bigger than anything else in life - will reflect on whether they will come true. When it comes to achieving goals, if you don't trust yourself to succeed, the chances are great that you will fail.

A study from Louisiana State University showed that people who are confident in themselves use more "metacognitive" functions than those who do not. This means, they exploit many areas in the brain and have greater brain power when it comes to solving problems. "Metacognition" is especially important for "attainment" (Achievement) because it ensures that you approach the problem in many different ways and transform your perspective as needed.

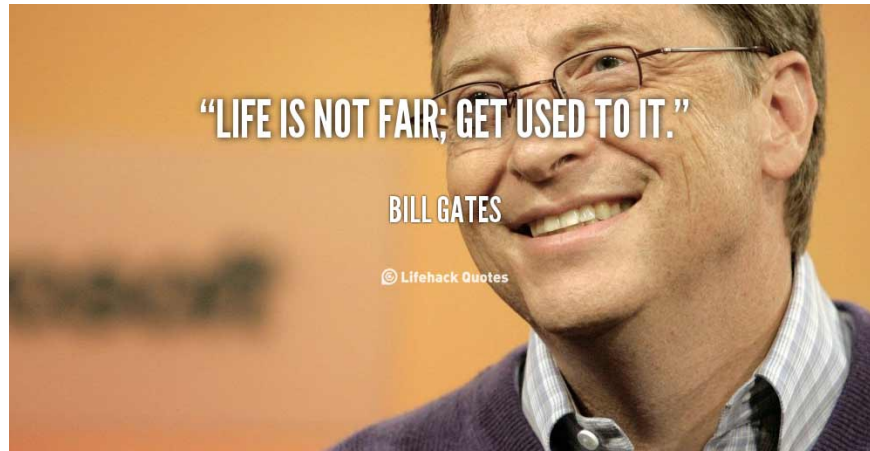
The most troublesome of those expectations is that they also affect others. Back in the 1960s, a study conducted at Harvard University proved that the strength of our beliefs was able to turn the behavior of others. When teachers in those studies learned that certain (randomly selected) students were smart, these children achieved better results, not only in the classroom but also in the IQ tests that were standardized.

Expectations are important when they can change your life. However, too high expectations will lead to a series of problems, in particular, they will ruin the path to the goal you have set.

Here are 9 "illusions" about the life that so many people need to end immediately!

1. Life should be "fair"

We all hear millions of times (and the people around you are constantly saying that) that life is not fair. And although most people know about the complexity of the so-called "injustice", these two facts are not yet penetrating enough for them.



Life is not fair, be used to it

Even more surprising is that many people wait unconsciously that life will be fair and no matter what injustice happens, somehow life will return to "balance". Its, even if they don't need to do anything.

If you are one of these people it is time to consider yourself. When something "unfair" happens, do not rely on the "forces" outside to regain calm, do not expect a miracle will appear to get you out of the "mud pool". Not all competitions have "encouragement prizes" so the sooner you end your expectations of fair life, the sooner you act to really make a difference.

2. Natural opportunities will come to you

One of the most important things that a person can do is risk and seek opportunities. Just because you deserve a raise, promotion or a car bonus doesn't mean that these great things will happen to you. You have to make it come true. You have to really work hard and fight to get what you want.

If you limit yourself to things that everyone has, naturally, you will always be under the control of others. When you act, ask yourself "*what are the next steps I need to do?*", "*What barriers will appear on my journey and what do I need to do to eliminate them?*" and "*what mistakes will I make that could lead to failure?*"

3. Everyone likes you

Everyone knows the feeling of discomfort. Because of this thought, you assume that all kind, kind, respectable people become "special" compared to the rest, but there is no good reason to explain this. both.

Whenever you think that people should "like" you, in the end, you end your relationship with making someone hurt. When you assume that people will like you, you stop trying to connect with them; You start making requests and demands before you find enough evidence to really understand what other people really think and feel about you. Instead of hoping that people will like you, focus on gaining their trust and respect.

4. Everyone should agree with your thoughts

Very difficult.

You know what you think and for this reason, people should respect your views. However, expect people to agree with you without considering their thoughts or because your opinions are too good to be another story.



Not everyone will like you

Something obvious to you doesn't mean that others need to treat it as well. They have their own lives, different experiences, different lifestyles, ways of thinking unlike you and many other things. So stop feeling offended when someone expresses disagreement with what you say and stop the illusion that there is only one correct answer (and that's yours). Instead, focus on how you can find solutions that people need.

5. Everyone should understand what you are saying

Nobody can read your mind and what you say is not everyone has an obligation to listen. You can't expect people to understand you just because you're talking - you need to be clear about this.

When you ask someone to do something without clarifying the context or explaining the complex terms "only you use" they will ignore. That is the obvious of life.

Communication cannot succeed if the content you want to convey is unclear and no one will understand you until you take the time to understand what others say.

6. "I will not fail"

As I mentioned above, if you expect failure, you will have a great chance to create what you care about. If you fail, accept that you will be defeated sometime and there will be times when you are the winner.

Make an effort and believe that with everything you have, you will succeed with that effort. If confidence never fails, you will limit your chances of making your wish a reality.

7. "Material will make me happy"



Don't look at the material to feel happy because it's not sustainable

Certainly, material will make life more interesting and comfortable in the short term. However, they cannot bring you long-term happiness. Too many of us expect an event in the future (for example, I will be happy to be promoted) to feel happy instead of learning more about the real reason why I feel tired, boring.

If you don't understand the nature of the problem or something that makes you unhappy, no matter how much you crave happiness.

8. "I can change her / him"

There is only one person in the world that you can really make "them" change - that is yourself and want to do it, you have to make great efforts.

The only way to help a person change is to make them crave and provide the necessary conditions for them to change. However, the effort to change someone who does not want to change is extremely difficult. It's like you're trying to "fit" your will into a person while neither of them has any kind of harmony.

You may actively approach people who are living negatively and think you can solve those problems for them. Remove this expectation immediately. Because no one can help them "repair" except themselves. Instead, surround yourself with positive people and don't let pessimistic thoughts pull you down.

Conclusion

Believing that you will succeed will really help your ability to do so greatly. This also means that you need to eliminate "no-one" expectations from your journey.

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