Waiting for the Next Big Thing

Are you "one of those people" who had expectations of something wonderful happening in the future only to see that dream slip away? As it turns out "We," and that's just about all of us, are one of those people. If you live long enough, boldly enough, or loving, vulnerable or trusting enough, sooner or later an expectation will be hijacked.

Whether your dream partner or dream job has gone away, your life's plan or multimillion-dollar, "can't miss idea" has fizzled, it is, I am afraid, a part of life. You have a choice to either begin over or get consumed with feelings of failure, bitterness or shame. It is not always easy, and I would not even suggest that. However, to not try and to not start over is to sell yourself short and to settle for pain and disappointment over happiness and contentment.

There are things you can do to help find yourself while recovering from those hijacked expectations. Please remember that doing something positive is better than doing nothing at all, and at the end of whatever disappointment you're going through now, there will be a realization that there was another plan for you all along. Here are six things you can do for yourself right now to get over those lost expectations.

1. **One step is better than no step.**

Even though you may have been distraught, remember that the first step you took away from the hurt or pain is the start of your new journey. Whether you began a new book, bought a new sweater, enrolled in a class or sat in the last row of your church crying your eyes out, you have begun a new journey.

2. **Stop apologizing to yourself.**

Beating yourself up over a mistake or a failure can only last for so long. Every person alive has made mistakes, some of them real doozies (I have been there and done that), but at some point, you have to stop apologizing for being alive. That point should be sooner rather than later. Learn from what you've done and then go on. Every single person walking this earth has a skeleton that they would never want you to dig up!

3. **What helps you feel better?**

For some it is meditation, for others it is exercise, watching a sporting event or getting a massage. Be kind to yourself, especially after you feel as though the bottom has dropped out. You will soon find that in making
yourselves feel better, the "bottom" is not quite as dark and you may even feel, if only for a few minutes that you have completely forgotten the bottom! When that happens, if only for a little while, you are officially on your way to healing and contentment.

4. Who truly loves you?
Never allow your heart to be closed off from relatives, friends, ministers, co-workers or people with whom you might volunteer (I'll get to that next). There is a lot of love in this world. It is all around us. Yes, there are always those who claim or have claimed to care -- and who don't, but there are also those who accept you and your struggle with love and acceptance. You're not a failure in their eyes. They want you to succeed. Stay far away from those who want to pull you down. Embrace those who want to lift you up.

5. Volunteer.
There are causes everywhere and a multitude of volunteer opportunities from the local Humane Society to visiting the elderly and ailing. You can coach little league baseball or youth soccer without having your own child participating. As a matter of fact, it can be much more rewarding and less stressful. There is nothing I can think of that can heal a heart faster or fuel feelings of optimism more quickly than bringing joy to those in need. It is a way of immediately connecting with the world. Don't forget to receive the gift of gratitude if someone expresses it. It is a vitamin for the soul.

6. Pity is not a party.
Somewhere, deep down, there is an idea you have been nurturing, feelings of joy you have repressed, old connections you've put on hold, lost opportunities you may wish to find. None of it grows or blossoms by being watered with pity. Lose it. Grow ideas with hope, joy with more joy, opportunities with optimism and connections by connecting.

When your expectations get overturned, don't play the role of the victim, become the victor. Take a deep breath. It's just a bad day, not a bad life! Dependency on others for your own happiness is foolish. Don't wait for other people to be loving, giving, compassionate, grateful, forgiving, generous or friendly. The next big thing is waiting...for you!

Best,
Steve

To Read More from Steve Gilliland, Subscribe to His Weekly Blog.
EVENT SPOTLIGHT

Date: April 2, 2017
Client: AmericInn
Location: Las Vegas, NV
Venue: Bally’s Las Vegas Hotel and Casino

HIDE YOUR GOAT

MAKING A DIFFERENCE

AmericInn®
Hotel and Suites
MARGARET-isms

I’ve tried yoga, but I find stress less boring.

APPLAUSE
Event: 4imprint, Inc. 2017 Sales and Service Awards Recognition Event
Date: Thursday March 23, 2017
From: 4imprint Sales and Service Teams

Our planning committee started our speaker selection process a year in advance of our event and we had narrowed a list of a dozen speakers down to five after listening to their videos, viewing their feedback and understanding how each speaker would address our culture and teammates with their messaging, style and approach. From those five, we selected Steve Gilliland because he and his organization made it a clear choice. His messages and storytelling told in a fun and interactive manner truly set our event to the next level, and the feedback from our teammates has been simply amazing:

“Wow! Steve was a terrific speaker last night! I think he really touched everyone at the banquet in a positive way. He definitely made all of us stop and look at our life to see and reflect upon what is truly important. The entire evening was great! Thank you very much!”

“Steve was so great! I will have to go online and order some of his books to help remind me of his awesome keys to success in both my family life and work life.”

“Steve was amazing!! Best speaker I have ever heard and I loved that he stayed to sign his book and be available to meet and get to know us. What a great event – thank you!”

After Steve finished his presentation, all 200 of our teammates were on their feet clapping and cheering for not only Steve’s performance, yet his fun and well understood stories that helped remind our teams that truly making a difference and learning to enjoy the ride in our own lives as well as our family and coworkers. Thank you Steve and team for making our event one to remember and one that made an impact to all in attendance and their family.

James Simone
VP of Business Development
4imprint, Inc.

“Wow! Steve was a terrific speaker last night! I think he really touched everyone at the banquet in a positive way.”

Looking Ahead...
Steve's May 2017 Schedule

2  Columbus, OH
4  Grapevine, TX
5  Las Vegas, NV
9  Pittsburgh, PA
10 Hershey, PA
12 Columbus, OH
16 Springfield, IL
18 Carolina, PUERTO RICO
20 Myrtle Beach, SC
23 Pensacola, FL
25 Hays, KS
26 Austin, TX
30 Minneapolis, MN

Sheila Moss
@i9lady

Thank you #arshrm17 speaker @SteveGSpeaks !!! Still laughing and still inspired and would "Follow You" anywhere!