

EXPECTATIONS..... *push away*... desire

By NADINE, *Certified Nutrition Specialist*, Creating RESULTS

“I want it ALL... and I want it yesterday!” or “I can’t believe that guy stood me up, I mean I had a manicure and bought a new outfit... Of all the nerve... Who does he think he is?” or “Please, please, please, pretty please.... Can I have that, pleeeeeeasssee?” or “I should be down 10 pounds by now after all I followed the directions” or “we’ve been married for 13 years, you should know what I like by now.” Can you personally relate to any of these statements or recall someone who might have said or experienced one of them?

EXPECTATIONS... We all have them, though most of the time our expectations are nonverbal or hidden from our conscious awareness. I remember a Christmas many years ago, when my new husband asked me what I wanted. Being a very thoughtful young bride I replied something silly like *“It doesn’t matter honey, you get me what you want to.”* Then I started dreaming about all the really kewl stuff I’d like to receive. Things like a nice diamond bracelet (I’m a woman of course I wanted one of those), some sexy lingerie, a sexy pair of shoes and maybe a new outfit. Can you possibly relate to my utter surprise and disappointment to open my gift and stare at a deluxe toaster oven? I had an expectation that this man, bless his heart, could read my mind and deliver my desires regardless of the fact that I never once put them into words.

How many times do we do this? How many times do we say one thing yet really want another? Expectations generally have a specific desired outcome, attached with a time frame. If we looked closely at the times we were unsatisfied with a situation it was usually because we had an unfulfilled expectation of what we *thought* would happen or *wanted* to happen. If we were to get rid of all the fluff, an expectation is nothing more than a demand.

Recall a time when someone *demand*ed something from you? How about when they were *angry* when they made the demand? Were you just all warm and fuzzy and eager to give them what they wanted? Hmmm I bet not. What about when someone *whined* or *begged*? How willing were you to give to them? Did you fulfill the request simply to shut them up or did you walk away because you really didn’t want to be bothered? Begging, demanding or being angry when those demands are not met, *push away* the very thing that was desired. Attaching a timeline to the demand simply makes things worse.

One situation most women can relate to where demands, unrealistic timelines, anger, and self-sabotage show up on a regular basis is with the desire to lose weight or drop body fat. We look at another woman, see they are of similar height and weight and make a judgment that our bodies will behave the same way. Talk about self-sabotage. If that other person has been training everyday for 15 years, and I am a Monday after the holiday, get my butt in shape kind of person, there is no way our bodies will behave the same. Yet we continually set ourselves up for failure when we compare our bodies to another and set an unrealistic expectation for ourselves. I coach clients all over the USA and Canada, educating them about food and teaching the art of dropping body fat in a unique program designed for each person. Before we begin, I always have the conversation about *letting go* of timelines and expectations. Take a good year to learn about food, learn how it relates to their body and then make empowering educated choices. Yet it never fails... A few weeks/months down the road Jane runs into her friend Betty who is dropping weight at a different pace and suddenly gets angry because her body is not delivering the same results in the same timeframe. The non-verbal expectation is that her body will respond just like Betty’s.

What if their metabolisms are spinning at a different rate? What if they are eating different foods or have a different exercise regime? What if Betty's weight gain has only been on her body for 6 months and Jane's has been around for 10 years? What if, what if, what if? There are so many things to consider. We are a fast everything society. We want it all and we want it yesterday. When we place demands on the body, or get angry at it for not meeting our demands, we send the body into panic, which then turns on the fear button, and the body shuts down. Have you ever been in a car accident or watched one? FEAR hits the body. I know for me, it feels like I stop breathing, my body is in shock and it takes me a while to get back to normal. Well, that fear is no different than the fear that our fat will be on our body forever. When we push the body to panic it goes to self-preservation mode and stays there until we tell it, "*Heh body, it is ok to drop fat now.*"

Rather than make demands or set timelines for fat loss, why not try one of the following:

1. Write a letter to your body inviting it to participate in your fat loss efforts
2. Stand in front of a mirror naked and thank each part of your body for participating in your fat loss efforts
3. Make a collage filled with empowering words and pictures of the physique you are moving into
4. Design a special mat to place your scale on so when you step on it daily you have a smile on your face
5. Celebrate EACH new SUCCESS
6. Focus on where YOU are going rather than comparing your program to another

Wherever you put your focus is what you will have more of. Remember, that Expectations *push away* desire. Keep your eyes on **all** the successes in your life you will create more success and *attract* to you all you desire.



Coach Nadine
Creating LIFESTYLE Changes to LAST Your Lifetime

NADINE is a *Certified Nutrition Specialist* with over 24 years experience in the Health and Fitness Industry and teaches her clients the *Art* of building and maintaining lean muscle tissue as they drop body fat in a unique program designed for *them*. Nadine has coached all levels and genre of people and has taught a variety of programs including but not limited to Personal and Sports Nutrition, Sports Psychology, and Weight Lifting/Bodybuilding. Nadine is available for seminars and workshops based on availability. For more information contact NADINE at 970-443-2541, email: Nadine@CoachNadine.com or visit www.coachnadine.com