

project you

LIFE IS WHAT YOU MAKE IT.

LEARN TO MANAGE YOUR *great* EXPECTATIONS

Once you've mastered this, life will be SO much more enjoyable.

Throughout everybody's lives, there are going to be times when things just don't fall into place – and that's OK, as long as you know how to manage your expectations...

Consider this...

GF's resident psychologist and Project YOU ambassador Dr Michael Carr-Gregg says people can benefit by being realistic about the way life works; things may not always work out perfectly, but there *are* advantages in these instances. "All life experiences – good or bad – give you invaluable experiences which will help equip you with specific skills, knowledge and strategies about how to respond the next time you face adversity," he says. So, say you go into your English exam expecting to pass with flying colours, but you end up getting a B for the essay portion of the test. You're heartbroken, right? You aced essay-writing in class – what happened?! Ask your teacher for feedback on how you could improve next time. Take this advice on board and you could come out with an A at your end-of-year exams. Practise makes perfect.

Breaking it down

OK, so these unexpected outcomes may be awesome for the future, but how do you deal with them right now? The main trick is learning to be adaptable. Dr Michael says doing this can be a bit of a challenge, but requires one particular way of thinking: "Instead of having fixed thoughts about the world, it's liberating to embrace the fact that if you can't change something, you can always change the way you think about it." Get used to the chaos that is life by getting used to and expecting change.

Changing your mind

By breaking up the path into smaller goals, our vision becomes clearer – and we begin to "manage" our expectations. Take Rebel Wilson, for example. She wanted to be an actress, but knew it was pretty much impossible to just head over to LA and get a gig, so she created smaller goals that would lead to her success. From completing theatre studies




This image has not been retouched.

to writing, producing and starring in local stage musicals, then acting in Aussie comedies, Rebel was able to make a name for herself. She took advantage of every opportunity and never gave up. Remember, if things don't work out, you can always change the direction of your stepping stones as you go; accepting and embracing change will get you everywhere. After all, the best part about taking small steps to reach our main goal is having the freedom to adjust our path along the way.

THE CHALLENGE

There *is* a happy medium between having low and high expectations – it's called being realistic. To make your goals even more achievable, Dr Michael suggests using the SMART mnemonic. S for specific (state what you want to accomplish), M for measureable (measure your progress), A for action-oriented (create concrete steps towards achieving your goal), R for relevant (make your ultimate goal a realistic one), T for time-bound (give yourself a deadline). Give it a go!

Take this challenge and tweet us  @GirlfriendMAG with your progress and #ProjectYOU for your chance to win one of five Chocomania packs valued at \$97.70 each! GF



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