



## Pod #379: The Problem With Goals And Expectations

<https://tappingqanda.com/2019/08/the-problem-with-goals-and-expectations-w-tap-along/>

There is a part of me...That wants me to be successful...That wants so much better for myself...That wants me to move forward...It wants me to achieve my goals...I am so happy that there is a part of me that wants to be successful...That wants better...That knows I am capable of more...I can appreciate where I am...I can appreciate the blessings in my life...And still recognize the fact that more is possible...That growth is possible...That progress is possible...But sometimes I look at my goals and I feel disappointed...I feel sad...I feel overwhelmed...I feel angry...I feel frustrated...Because I haven't reached those goals...I know how much better my life will when I achieve them...But I'm not there yet...And that feels so disappointing...But I give myself permission to recognize the fact...That success is not an all-or-nothing proposition...It doesn't come down to simply success or simply failure...As I take steps...As I work towards my goal...I'm positioning myself to achieve what I want...And there will be success along the way...I am already getting better...I'm already



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making progress...When I don't take the time to acknowledge and appreciate that progress...I do myself a disservice...I end up demotivating myself...I make it harder for myself...To keep taking action...I give myself permission to recognize the fact that I am making progress...I am having success...It is making a difference...Success is not an all-or-nothing proposition...As I move forward...And as I get closer...Success comes with me...Success grows...And as those degrees of success increase...So does my enjoyment...So does my enrichment...So does the quality of my life...I give myself permission to keep striving for better...To work towards my well-crafted goals...To appreciate the progress I'm making in the moment... To appreciate how this progress is helping me to have a better life right now.