

Where are You on the CONTINUUM OF EXPECTATIONS With your Manifestations?



KNOW



SERENITY

A calm state of knowing with absolute certainty that it will happen, nothing is in question anymore, and a joy, gratitude and excitement alongside deep knowing.

EXPECT



OPTIMISM

Expecting that it will happen, feel there is a good chance it will occur, more than it won't. Looking forward to it, but trying to not be disappointed if it doesn't occur.

HOPE



COURAGE

Hopeful that good things will happen, but at the same time trying to be realistic and avoid disappointment, so with a sense that equally, it might not happen.

WISH



ANXIETY

Wishing that it will happen, but worried, anxious and sometimes obsessive to the point where you push good things away, protecting your ego from disappointment.

DESPAIR



FEAR

Certain that it will not happen. Caving into fear, despair, depression, with a sense that nothing good ever happens for you, you're unlucky, you don't deserve it.

