**The Expectancy Guided Meditation**

**This is a guided meditation to practice expecting more. It works best if you customize it in the black spaces with your goals, motives, etc. Personalize it, and commit to it for 30 days. You will find it feels more natural over time as your mind begins to adopt an attitude of expectancy, and your brain accepts it.**

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1. Close your eyes. Be still. Feel My presence. I am here. I am the Power Within—the Something More in you. I have always been here. Breathe in deeply, and as you exhale, re-lease every trace of doubt. What you seek is already yours. I have given it to you. Now, receive it.

See yourself as I see you—strong, disciplined, and unstoppable. You are already the one who has achieved [insert your goal or goals]. See your wishes fulfilled. . . Feel it now. You are standing in the achievement of everything you worked for. Step into it now. You are that person now who is achieving all that, then.

2. Trust that I will show you the way. I am always speaking to you. Listen. The next step is already within you. Let your mind rest in calm expectancy. As you focus on your [insert your goal or goals], know that I will always reveal what is most important to do next. Be still, and know that the path ahead is clear. It’s paved now. Trust that.

3. Your five-year goal is done. See it now in absolute certainty, no doubt. Allow it to be real. It is yours. Spend time with it now— see [insert your goal or goals] clearly with expectation . . . imagine the pride you feel . . . the sense of accomplishment. You are sure, you are fulfilled, you are satisfied. Experience now and expect your [insert your goal or goals] achieved as a present fact.

4. Allow the right people to find you. I am sending the right people into your life—mentors, friends, and allies who believe in you, but who also challenge you. Open your heart to them, and see these good people surrounding you. Feel gratitude now for them in your life. Love them. Expect them to show up at just the right time.

5. I make the way where there is no way. I have placed opportunities before you. They are waiting for you to step forward. See the doors open—new jobs, creative ideas, breakthroughs, unexpected turns, coincidences, lucky breaks. Walk boldly, knowing that every door I open leads to your expansion, your purpose, your highest good. Suspend all disbelief today. Walk boldly.

6. Stand in your power now. I made you stronger than any vice, any addiction, or any self-sabotaging tendency. Your will is aligned with mine. You choose only what uplifts you. You are free, whole, and complete. See yourself five years from now fulfilled, powerful, at peace. Your mind is sharp, your body is strong, your spirit is calm, your joy is complete. Be there and that now.

7. I have created you to grow, to rise, to stretch beyond your comfort. Trust the process. Be yourself, and do your best. Live one day at a time. Step into the unknown without hesitation. I have designed challenges to make you stronger. See yourself embracing stress and discomfort, knowing that you are improving, always expanding.

8. Know that your life will be a blessing to others. You are chosen to be a light in the dark. Your success leads others to hope. You are proving what is possible. Your story of achieving [insert your goal or goals] will one day inspire others with dreams of their own. See the ripple effect of your success. Be a light and lead them by your example. Show them that dreams come true.

9. Everything you have lived has prepared you for this moment. Nothing was wasted. Every struggle … shaped you. Every past hardship …strengthened you. Every mistake … made you wiser. Look back with gratitude. Your past was never a mistake. It was my design. Now step forward, knowing I have made all things work together for your good. Look forward from now on.

10. Accept now that you are chosen. You are not ordinary. You were made for more. You are not waiting to be worthy—you are already worthy. The dream in your heart is already yours. I have placed it in your hands. See [insert your goal or goals] it. Feel it. Expect it. Command it and demand it. It is real. It is here. It is done. Practice fierce expectancy of it now.

Now, breathe. Let My words settle deep within you. Rest in this knowing. Feel gratitude rising in your heart. Smile, for it is all already yours. Carry this state of expectancy with you throughout every hour of this day. Live by faith, not by sight, and trust that you are not alone. You are never alone. I am with you.