



*Today's Suggested
Topic is...*

**Expectations
&
Progress**

Expectations are
premediated
resentments ...



Attachment
to expectation
is the root of
disappointment
and resentment.



Expectation is the root of all heartache.

-William Shakespeare

To (en)lighten your mind,
practice LETTING GO of
expectations
of yourself & others.

When you release
expectations, you are
free to enjoy things
for what they are
instead of what you
think they should be.

Mandy Hale



Peace begins when
expectation ends.



Recovery

is about **PROGRESSION**

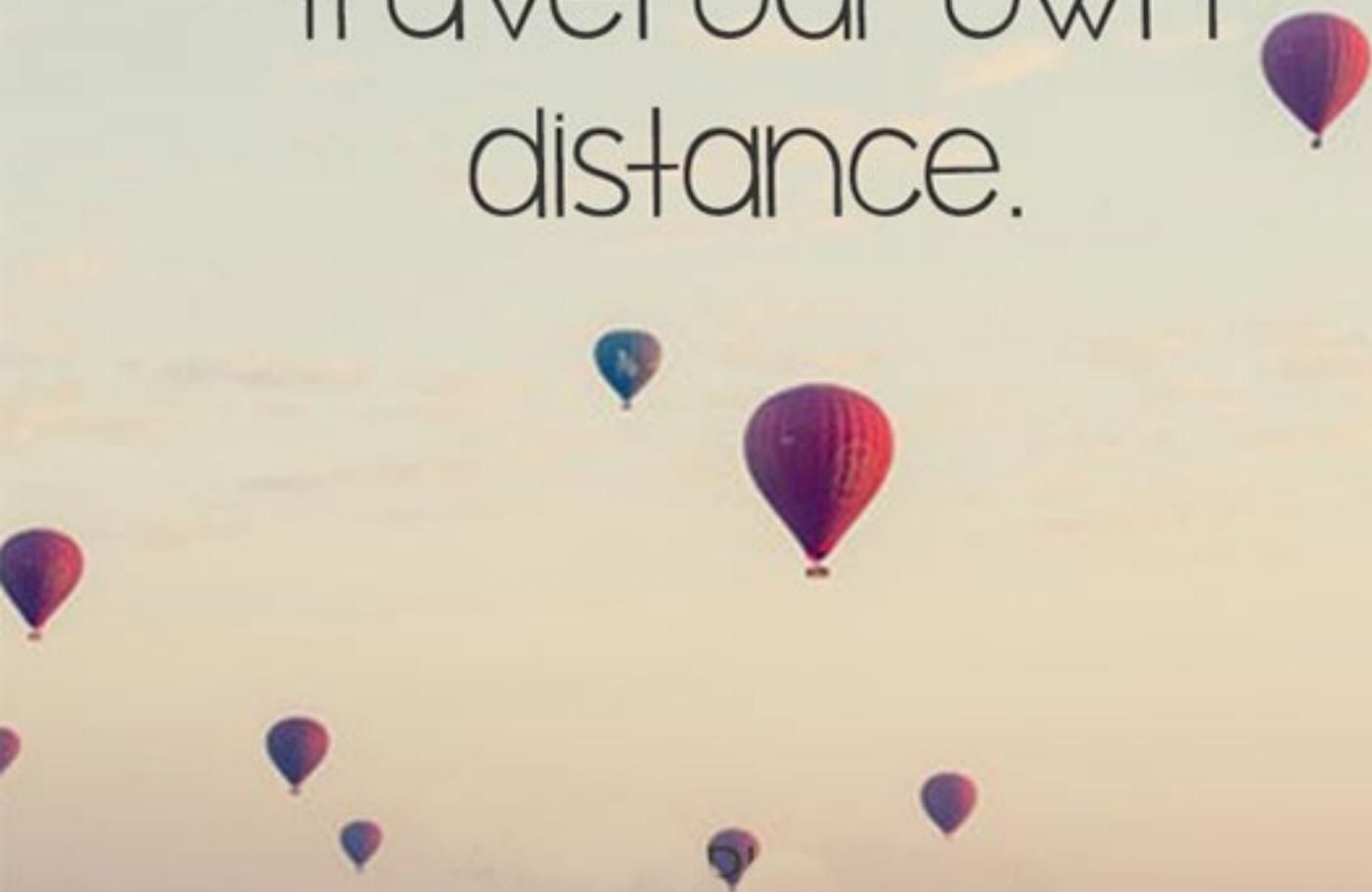
not **PERFECTION**

The secret of making
progress is to get
started.

Mark Twain


www.idlehearts.com

Don't compare your
progress with that of
others. We all need
our own time to
travel our own
distance.



**BELIEVE
YOU CAN
AND YOU'RE
HALFWAY
THERE**

- Theodore Roosevelt



IF THERE IS NO
STRUGGLE
THERE IS NO
PROGRESS



Just as addiction is a
progressive disease,
so is recovery a
progressive solution.

www.bythelightofgrace.com

An aerial photograph of a beach at sunset. The waves are breaking onto the shore, creating white foam. The sand is wet and reflects the golden light of the setting sun. There are some dark rocks scattered on the beach.

Progress is not achieved
by luck or accident, but by
working on yourself daily.

Epictetus

“ quote fancy



See how far you've come? Be proud of yourself. If nothing else, one day you can look someone straight in the eyes and say: "But I lived through it, and it made me who I am today."