

The Stylist You Envision

*In order to make change, you have to shed your Self-Doubts and Negative Self-Coaching.
The first step towards shedding your Self-Doubts and Negative Self-Coaching is
Learning How and What to Let Go.*

Start by paying attention to your pre-conceived expectations:

When you're excited about something, do you find yourself imagining how perfect it will be? Do you ever find yourself disappointed when things don't live up to your expectations? These conditions stem from expectations of perfection.

When you go out to a large concert or even a small dinner, do you find that you begin to play everything that you think might happen while you're out? Do you imagine negative situations, stressful environments, or a negative memory being formed? These expectations are due to worst-case thinking.

It's important to know that these thinking processes are totally normal.

As humans, we crave certainty. It sometimes seems easier to assume that the worst will happen than to accept that we have no idea what will happen. There is something a bit insecure about letting go of expectations. It can feel like a lack of structure or security. But learning to let go is a necessary step to creating love of career, life, and self.

Learn to Let Go of Perfection Thinking:

First, let's talk about the disappointment that comes when things don't meet our expectations. Imagine you're attending a party and expect to have so much fun, taking photos, laughing, and having the best night of your life. Your expectations set up your excitement for the entire night.

If you have expectations that things will be perfect, you will crash to disappointment as soon as things stop being perfect, even if they are still going well. Sometimes expectations are crushed even after a night that has gone wonderfully. Because it was not the perfect, exciting night you imagined, you feel a loss. This happens in your career as well.

When you find your mind drifting toward expectations of perfection, take these moments as a sign that it's time to pause and release these expectations. Instead, you can say, "I am excited for what this evening holds," with a sense of curiosity instead of pressure.

If you find yourself disappointed when things did not go according to plan, reflect on the event and find what did go well. Maybe things that you had not even considered in your planning went well. Maybe it was just one thing that made the whole night seem terrible.



Learn to Let Go of Worst-Case Scenario Thinking:

It's easy to assume that the worst is going to happen. Especially when approaching tasks that you may not be as comfortable performing.

For example, when you approach a service that you feel insecure with, such as a wedding haircrafting, you might find yourself assuming that you're going to be a total failure. You may be putting unnecessary pressure on yourself to be outstanding, and you may find yourself assuming that you cannot live up to the greatness that you want to live up to.

If you're about to service a Guest who appears intimidating and very sure of what she wants done, you might assume that this service will not go well and the Guest will not like you.

How could you possibly know? By walking into situations with these negative attitudes, you're more likely to feel stress and fear while you're in that moment.

If you feel like the worst is going to happen, pause for a moment to remind yourself that you cannot tell the future. Remind yourself that you get to control yourself and your behaviors, no matter the situation. So, you can choose to walk into a new situation with a patient curiosity and an open mind.

Negative mindsets often take years to develop. It may be a habit that you picked up in an attempt to protect yourself from previous fears. You can find the beliefs that are not productive for you and choose to release them.

So, if you're assuming that people don't like you, or that things are not going to go your way, you can dive into that and learn more.



Learn to Focus on the moment:



Letting go of expectations will enable you to live your best life because it's another layer of weight that you're removing from the things that keep you from being truly you.

Instead of having any expectations at all, positive or negative, learn to embrace the present moment for exactly what it is. You don't have to obsess over the past or try to predict the future. You don't have to try to read people's minds or try to predict their behavior.

Instead, take a pause and bring yourself to the present moment. This present moment acknowledgement comes as a result of mindfulness and can be applied to every area of your life, every day.

Next time...learn more about being Mindful.

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