

Chapter 1 : Expect The Unexpected - The Retirement Manifesto

Sometimes it's better to be like ears of corn in a field and adapt to the coming wind, to be flexible, light and patient. Life, like everything in this world, has its own rhythm. You have to know how to listen, pay attention and look at your day to day with an open mind and heart.

Alex explained that he always saw me with my earbuds in, so he assumed I was really into music. In a big open newsroom, cutting out the sound around me is my favorite way to construct imagined private space where none exists. The open plan, itself, is not really the problem. The key is recognizing that employees have different working styles that require different types of spaces. It has spaces where two people can have a quiet conversation, spaces for people to do highly focused work and lots of open areas where creativity and innovation can thrive. The office of the future is about giving workers both flexibility and agency. The early s, then, saw the dawn of the new era of the open office. After the Great Recession, converting to an open plan allowed companies to put more employees in smaller spaces, making overhead cheaper. Part of that is simple consolidation: But it also moved everyone below the managing director rank into an open office environment. And then, a few years after that, came the great backlash. The team detected a "deeper level of angst " about open offices than they expected, Redman said, and they wanted to learn more about it. No matter the company or the culture, almost every employee desires privacy for one of two reasons: Either way, the solution is more private spaces. Lucia Deng, a mid-career lawyer who has recently been on the job market, told me, "When I was interviewing at a startup, I saw that their lawyers worked in an entirely open space and on communal tables and the thought of that gave me agita! I should probably say that the Huffington Post newsroom, despite the silent headphones many people use, is actually an example of the kind of open office plan that can work. Open plan only works if workers have the permission to move and a place to move to. Steelcase has designed several different kind of "enclaves. In reality, people need to be able to craft their work in ways that give them purpose and meaning. There are a lot of moving parts to the theory of office design, according to Wymer. They did a gut renovation and chose to keep the office open so they could communicate better and be helpful to each other throughout the day. Of course, in an office for freelancers, the solution to needing privacy at work is just staying at home.

Chapter 2 : What does the Bible say about expectations?

Expect The Unexpected. It all started a week before my retirement when my phone rang. A friend's name from my industry popped up on the Caller ID. I wasn't expecting the call.

I would want to communicate in a professional, yet unambiguous manner what my expectations are for balancing my work life and my private life, and ensure that those expectations would mesh well with the expectations of the mentor. Are work hours flexible? Are there opportunities to teach different schedules i. Gosselink, Assistant Professor, The University of Texas at El Paso Do you feel quality of work performance is tightly linked to quantity of work performance? Do you evaluate work performance primarily on quantity or quality? Schedule flexibility is not common in academia. Andrade, Associate Professor, University of Kentucky I only have experience in academia and have found that my schedule is usually flexible but demanding. I am not so familiar with industry, but my impression is that academia is much more conducive. What would you tell a scientist who is facing adversity at work due to their life choices? Take care of yourself and your needs. Find allies on campus not to mount a revolt but to provide you with additional support and help. Gosselink, Assistant Professor, The University of Texas at El Paso If their life choices impact their ability to do their work, then they have to decide which is more important. If their choices do not impact their ability to do their work, then they are being unfairly harassed and should consider legal action. Family is most important, and if you are penalized for putting life issues first, you need to find a job where you are more appreciated. That of course assumes that the scientist has not made a pattern of failing to fulfill job duties. Sharing your concerns with someone else can be like looking in the mirror. Not only can this help you define the issues as you relate your story, but sometimes just telling someone else and seeing their reactions can really help you define your options. What advice would you give the dual-career couple? First, they need to get ideas from what other dual-career couples have done at their institution and elsewhere. If they expect both careers to progress at the same rate, then they need to be very thoughtful and flexible in their job searches. It will be difficult to land two dream jobs at the same institution. Negotiate as a couple how they are going to deal with life outside the lab -Francisco H. Andrade, Associate Professor, University of Kentucky Each person should make lists independently of their own personal and professional goals with ranking in importance. Then together they should prioritize their top choice institutions to see which best meet at least some of the top choices for each. Discussing issues as a couple, and deciding in advance how potentially difficult situations will be handled e. Do you think that enjoying life outside of the lab can enhance your ability to be a good scientist? I certainly think that enjoying life outside the lab can greatly enhance my ability to be a good scientist. The ability to enjoy myself outside the lab really helps me to keep a healthy perspective on work and everything else in life. I think this is very individual though. Some people can improve their science by enjoying life outside lab. Other very successful scientists kind of let the work be their enjoyment. Enjoying life outside work makes us better. Stress at home reflects on our job performance. Likewise, stress at work impacts our enjoyment of life outside the lab. Andrade, Associate Professor, University of Kentucky To some extent but like anyone with a demanding career, you have to compartmentalize the energy, time and attention to make sure that your work as a scientist gets your attention while you are at work and that you can leave it behind when you are at other activities. Being focused and efficient in both work and leisure commitments is key to being successful at both. Without outside interests you become stale, lose your creativity and burn out. If you are in a position where you could make "extra" money by teaching in the summer, what are the pros and cons, and what should you consider when making that decision? My only experience with teaching for extra money has been in the context of working as a teaching assistant. It was certainly great to pocket a bit of extra cash, but teaching really cut into my time in the lab, and to some degree to my family time. I have concluded that I will only take on such extra responsibilities if I think it is something that I will enjoy to some extent, and if I can add the extra work to my schedule without overextending myself. Cons - time, time, time - shorter sessions, more need to keep students on track, may detract significantly from the largest bulk of time you have to spend on research. Will it detract too much from family time? How much do you really need the money?

Will it help your promotion packet? As a mentor, how do you allow flexibility in your lab while still encouraging hard work? That way we are never in a hurry and can cope with the occasional outside demand school, family. Andrade, Associate Professor, University of Kentucky Open communication, long-term planning, lead by example. Gosselink, Assistant Professor, The University of Texas at El Paso There have to be clear goals that both mentor and trainee accept from the beginning. I find that this works best when the lab members feel a sense of ownership over the work that we are doing together. This can be done more effectively if the mentor has a good grasp of how much time it takes to achieve goals. I would make certain that they are aware of the institutional parental leave policies. Even if the work environment is supportive, maybe the person feels it is necessary to take a more extended break from work to have a family. I would advise all parties involved to always leave a door open for a future return maybe in a different capacity. If someone wants to have children and a career, then they should really want both, not consider one to be secondary. You will need the intellectual stimulation time away to be a good parent. There is more to life than academics. I would also tell them they can return to academics later, although it sometimes is a tough climb. And I would tell them it is possible to balance children and academics if that is what they want. What advice would you give a young scientist who is having trouble transitioning to the next phase of their career due to family obligations? Make lists, compartmentalize your time rigidly both at work and at home, accept that you will compromise both somewhat, and talk to your supervisor to set realistic goals so that you know when you are being successful. Move off tenure-track to reduce the pressure. Learn to manage time, prioritize, and work through the challenges. Or make some changes, either at work or at home, so you can stay happy. Are there other ways they can be met? All of us have to make choices, and sometimes we make choices without realizing the consequences. Do a personal audit of how you spend your time, then decide which activities are truly important to you. If the demands of your current job do not have the same priority as other activities, then you need to reassess your career choices. One of the most difficult stresses is when your life partner does not share your priorities. If that is the case, then you really need frank conversations and perhaps an independent counselor to resolve areas of difference. What is the best time in the professional life of a scientist to have children? The best time to have children is different for everyone. I would give advice based on the specifics of their situation. For me it worked out well to start grad school with a 2-year old. Some of my friends have had babies toward the end of their PhD programs, or during their post doc years. This is a highly personal matter that is dependent on many different variables, so the best time varies with individual circumstances. Then accept the responsibility for those decisions. There is no "good time" in a career of any kind to have or not have children. What advice would you give a graduate student or post-doc who is considering starting a family? One has to become more effective at work to get things done in less time. But also recognize that parenting is extremely time-consuming and life-changing, and that you will need to make major adjustments in your lifestyle, prioritizing, time management, and so on. Also, be sure your partner is supportive and ready and able to assist. Choose a time when you can give your child the love and care that you want to provide. Again, this has to be an individual choice and I think it is fine. But if there is doubt, then go ahead and start the family earlier. To me, family matters should come before professional ones. If my colleague asks my opinion, I would point out that it is possible to do both if one learns to manage time productively, maybe point to other colleagues who have been awarded tenure in a timely fashion even after having children. Andrade, Associate Professor, University of Kentucky 4. Maybe, but you will miss out on A LOT. Certainly, for some people who put almost all of their energy into their work, having a child may not be a good choice. But, for those who have a variety of interests, having a child can be a wonderful experience. There are lots of other ways to enjoy children: This is an area where universities could make use of their own resources in creative ways: More options for dual-career couples. This is something that can be turned into a great asset during the recruitment process. How can institutions close the gender gap in tenured faculty? Gender equity in all domains. Benefits packages for families. Flexibility with course scheduling e.

Chapter 3 : Faxon on Chambers Bay: Expect surprises and laugh them off | Golfweek

At its simplest, a job interview is a chance to learn more about the job while showcasing your skills and racedaydvl.com goal is to find out if the job is right for you, which means learning as much as possible about the duties, expectations, opportunities, team, and culture.

The unexpected can be either positive or negative, and Jim and I both recognized at that moment how fortunate we are that our surprises went in a positive direction. So many folks have negative surprises outside their control, like our lovely waitress. During our dinner together in Cleveland, he explained his decision to retire One Year Earlier than originally planned. Most folks struggle to retire by their targeted date. The glimmer was there for good reason. The Lesson Of 3 Stories So, there you go. The reality is that all of us face unexpected things in life, some good, some bad. I never understood that phrase. What do folks have against Fritz? Have a plan for your life, but accept the unexpected. Watch for opportunities in unexpected places. Take that unexpected phone call, and think about the opportunities that develop as a result. You can always choose to ignore the opportunity, but keep your options open. If you get dealt a bad hand, keep a positive attitude about it. Choose now to have a positive attitude, and choose to be content regardless of your circumstances. Who knows, your next unexpected twist may lead to a better outcome. That sure beats being downcast and depressed through the limited days you have on Earth. Try to make some lemonade. Intentionally adopt as cheerful an attitude as possible. Be prepared for some unexpected twists in the road. Embrace the curvy road with open arms, and keep a positive attitude regardless of your circumstances. Keep a smile on your face. Who knows, you may end up having a memorable meal with a friend in Cleveland. That unexpected meal may lead to an unexpected blog post. That post may impact folks in an unexpected way. Life brings unexpected twists and turns. What things have happened in your life that were unexpected? Were they positive or negative? What suggestions would you give to others about how to handle the unexpected changes in life, or to keep a positive attitude in spite of your circumstances?

The Sun shines in Leo until August 23, giving us all a little extra impetus to be powerfully self-expressed and step into what makes us happy. We've definitely been on a bit of a circuitous.

What all developers and users need to know about Android P Published on April 21, Android mobile platform offers most reliable, flexible, and user-friendly operating system in the mobile industry. Recently, Google came up with its next cycle of the mobile operating system, the Android P. The final release of this update is expected to be released in the second half of this year. As of now, Google has only revealed the first preview version of Android P. Android P is likely to get some major tweaks in various departments. UI According to one of the 9to5Google reports, the new interface will be arranged in a horizontal arrangement and all the apps will not be positioned side-by-side as it is right now, rather it will one behind the other. In order to select an app, one has to scroll to the left and tap on it and when to kill, just swipe upwards. Apart from these changes, Google will be removing all the apps button from the navigation bar and leaving the user with just the home button, which may relate to somewhat like iPhone setup. And one has to swipe the home button upwards when to access the recent apps. Navigation If we believe the recent rumours details, Google may offer gesture-based navigation in its new OS update. This is mostly presumed, especially when smartphones are coming up with on-screen navigation buttons. It will let the user make Google Assistant perform tasks in non-Google apps This should translate to being able to ask Google Assistant to undertake functions in non-Google apps. Further, Google Assistant search bar can be brought to the Android home screen. Call Blocking In the last update, Android added a very reliable call blocking feature , but sadly it catered only known or suspected spam numbers. The new version will allow the user to tap into private numbers, pay phones, and numbers which are not in the contact list of the owner. Safety Facet In terms of security, any suspected app will be blocked from accessing both camera and mic. And until an app is genuinely opened by the user, the audio recording will go silent. All the new upgrades may feature in the second Android P Developer Preview , if not, you may expect it in the final version of the release. The following is the history of all the Android updates released till now: Android Cupcake Android 2. Android Eclair Android 2. Android Froyo Android 2. Android Gingerbread Android 3. Android Honeycomb Android 4. Android Ice Cream Sandwich Android 4. Android Jelly Bean Android 4. Android KitKat Android 5. Android Lollipop Android 6. Android Marshmallow Android 7.

Chapter 5 : Q&A with Margot Fahnestock: A teen-centered approach to contraception in Zambia and Kenya

We expect things to be safe and to keep on happening just the way they always have. We expect the sun to rise in the morning. We expect to get up, survive the day and finish up back in bed at the end of it, ready to start all over again the next day.

A teen-centered approach to contraception in Zambia and Kenya By July 25, Share Future Fab is an adolescent lifestyle brand that offers a new way to talk to Kenyan teens, their communities, and their health care providers about contraception. We thought it might when we funded a new partnership between IDEO. An independent evaluation that we commissioned from Itad provides new insights about the human-centered design approach to adolescent reproductive health. Hewlett Foundation Program Officer Margot Fahnestock tells us what donors, designers, and reproductive health leaders can learn from the evaluation and approach. What is human-centered design and how did you think it could help adolescent reproductive health programs in sub-Saharan Africa? Global reproductive health programs have helped many women learn about, access, and use reproductive health products like contraceptives. Typically, reproductive health projects start with a predetermined idea of the intervention or program design, like community-based delivery or using mass media. Human-centered design starts with a completely open question: How might we increase the number of young people who use birth control? The human-centered design process is rooted in empathy and curiosity about what people like, what makes them tick, what motivates them. Designers take these insights to design a product or service that will really resonate with the people being served. Human-centered design, in this case, gives us a tool to listen to young women to design products and services that they like and might even inspire them. What did the evaluation tell you about the difference human-centered design made? Future Fab and the Diva Centers show real promise for increasing awareness, knowledge, access and use of birth control among year-old girls. In Kenya, the average number of services provided to adolescents per Marie Stopes center per month increased six-fold, from nine to 54 and the total number of contraception services increased from to over We also hoped an independent evaluation would tell us whether human-centered design improved the quality and number of services young women receive. This turned out to be more challenging than we expected, primarily because the evaluators found few adolescent programs for comparison. Given that human-centered design is closely associated with innovations in the private sector – particularly the technology sector – we and our partners expected that the approach would result in something completely new and different. What is innovative about the solutions that IDEO. Were there surprises about the approach? We were most surprised by the contribution design craft and quality seem to be making to the popularity and effectiveness of the models in Zambia and Kenya. The evaluators had difficulty determining how much design quality matters, but our hunch is that designing delightful places for young women to get birth control is a marked improvement over traditional public health approaches and contributes to how girls react to the services. One leader of a community-based organization in Homa Bay, Kenya said even the quality of the paper used to print the Future Fab magazine was important; the quality, he said, made the community and girls feel valued. We do know that birth control services for adolescents will inevitably cost more than services for women 25 and older. First, Marie Stopes is offering the adolescent services for free. And second, reaching year-olds requires intensive outreach and communication with young people to increase knowledge and awareness of contraceptives. But the biggest factor that the evaluators found is that IDEO. What can donors learn from the evaluation? The best thing we did to support these types of partnerships was to provide flexible support. But most of all, be curious – and be patient! What can human-centered designers learn from the evaluation? What can organizations like Marie Stopes International learn about the potential for human-centered design in their programs? Human-centered design holds real promise for tackling persistent challenges in reproductive health, like reaching vulnerable adolescents with contraception. Be clear with design firms about your expectations for how you will assess success, how this approach fits with your overall strategies and goals as an organization, what level of resources you have to support the design phase and, most importantly, scaling any resulting solution. Organizations should also enter any human-centered design

experiment with the mindset that the initial design process may take longer than they think, and that there will inevitably be moments where the design thinking mindset and public health mindset will clash. But most of all, be curious to learn from people who come from disciplines outside of public health and be patient!

Chapter 6 : To Work, Open Offices Need To Be A Little Less Open | HuffPost

The open office has been around for decades. In fact, the cubicle was designed in the s by the American inventor Robert Propst, who was attempting to solve many of the privacy issues that.

Strong psychic impressions are seen as well as realizations and re-evaluations of the events in your past. Excellent time for soul searching and healing! Allow yourself to take a walk down memory lane! Above all " be flexible and negotiable at this time! Respect the diversity and differences between people and honor them! The Mercury retrograde in this cycle can contribute to the confusion. Listen carefully before announcing or responding! On November 16, , Mercury retrogrades in Sagittarius at On its tour, it re-enters Scorpio calling us to lend meaning to our philosophies and plumb the depths of our deepest desires. Inner visioning can be profound at this time! Take a moment to ponder each day! The results will be well worth it! VENUS, the planet of love on all levels, the arts and the lesser benefic of the zodiac stationed retrograde in Scorpio on October 5, at During its tour, it re-entered the sign of Libra, seeking balance in our loving nature. As it rolls forward, we aspire to a higher ideal in the manner that we approach our relationships. Our appreciation of our surroundings radiates a different light! Allow yourself to be inspired! This is a major shift from the realm of the intellect to the sacred mystery of imagination and inspiration! Spiritual and artistic interests arise both within you and all around you! Take in some local color! Put pen to paper, drag out a fresh canvas and turn on the tunes! JUPITER, the planet of good fortune, abundance, expansion that magnifies all it touches will enter Sagittarius for the first time in 12 years on November 8, at Jupiter rules Sagittarius so the rise in optimism can be spectacular! We move from the depths of the Scorpio deliberation to a more optimistic and inspired view of the future! One word of warning! Jupiter is also the planet of overindulgence! Too much of a good thing may not serve you! Look before you leap! This planet rules all things unseen such as the ability to heal or be healed. It also governs the Muses! Our inner visions of our destiny vibrate to a new frequency this month. Those ideals that have seemed to be out of reach may fall within our grasp! It is the time to know what you identify with as far as who you are and what you have. Make a concerted effort to spend time with those you love that allow you to relax and just be yourself. Do not stretch yourself too thin! It also forms a sweet sextile to Saturn in Capricorn. As much as you may want to honor the tradition of the holiday, everyone seems to be running in all directions! Do NOT take this personally as you will be in the same boat! Keep your sense of humor at all cost! It also forms a quincunx to retrograde Chiron in Pisces! Keep those closest to you even closer! Try to curb overindulgence in food and drink. Give minimal time to conversations that can create conflict. Small talk can be a saving grace at this time! On the Full Moon, all of this is still in evidence! The exception being that Venus has stationed direct. Issues can now be clarified with options. Be prepared to compromise or agree to disagree. This is a great time to be optimistic for no darn reason! Keep smiling and let them wonder what is on your mind and in your heart! Double check everything and expect to spend time trying to find objects that have been misplaced or have seemingly disappeared! Expect delays in traffic and returned calls or texts. More than a bit of patience will be required! Your psychic powers are dramatically enhanced in this cycle. You will feel spiritually awake on every level. Go within for your answers and share them with others! You will find yourself in the midst of a very diversified group of people and there may be much confusion. Use a soft shield to insulate yourself from too many psychic impressions. Find a quiet corner to recollect yourself or step outside for a breath of fresh air! This is an excellent time to spend time on personal projects or just allow yourself time to decompress! Get lost in a good book or movie! Indulge yourself in those activities that you have failed to create time for. You can be the life of the party! You will feel generous and can be quite entertaining! Share your jokes and be dramatic! You will be the stress reliever now! Amuse yourself in any way you feel inclined! It may be best to spend some time out of doors if the weather permits. Laughter is great medicine just now! You are in extremist mode in this cycle. You will either want to do everything or absolutely nothing! Do your best to achieve a balance! Your sleep patterns may be a bit bizarre so allow yourself some relaxation or the indulgence of a cat nap! If you must head out be sure to check the weather report and traffic flow. Sit tight if at all possible! Friendship and romance can be

comfortable and indulgent in this cycle. Others may try to bring you into their circle but one-on-one interactions are best! Others may reveal their secrets to you at this time and your advice will serve them well! If you can find the time, rest on your laurels a bit! This lunation allows you to do a review and appreciate your accomplishments. Pause and ponder for best results! This is your month! New friendships and those time honored can bring you great joy! Expect a few surprises and try to temper indulgences at this time. Your ruler of process, Pluto, is in Capricorn and makes no major aspects to the traditional planets! Make plans for holiday enjoyment or create a healthy escape from the madding crowd if you are able! It also forms a sweet sextile to Saturn in Capricorn! Expect to make the rounds over Thanksgiving holiday! Everyone will appreciate your company and want to hear about your adventures. Pluto still sleeps in this lunation. Be profound rather than productive! Be not do "just for now"! It also forms a single quincunx to retrograde Uranus in Aries and in square to Mars in Aquarius! This is an excellent time to eat well and relax at the close of each day. There may be electronic or mechanical issues but then will be fleeting. You will want to limit unnecessary drama at this time so be sure to make some smart choices on your own behalf. This will be a marvelous year for expansion in business and travel. It may seem a bit hectic at first but it will not take you long to get into the groove! This is the perfect time to write your own ticket! Redefining your goals and your responsibilities is seen! Make your new agenda a masterpiece!

Chapter 7 : What to expect from open enrollment when you're expecting

Be flexible on the goals and dreams you set. Yes, it's great to have accountability for goals and outcomes, but realize that about 30% of the items you'd love to accomplish for the year don't pan out for a number of valid reasons.

Financial planning as easy as booking a hotel room? Under the Affordable Care Act, maternity care and childbirth are considered essential health benefits that all qualified plans must cover. Compare health coverage options Start by digging into how the plans available to you cover costs related to pregnancy and giving birth. Comparing some maternity costs across plans may be easier than you might think: See samples from CMS. Many employers also offer modeling tools to help workers estimate out-of-pocket costs for a particular condition or procedure, said Karen Frost, senior vice president of health strategy and solutions for Alight Solutions. Maternity expenses are a popular health need included there. But take all those coverage estimates with a grain of salt. Figures are often comparing against national averages, and focus on a "normal delivery," said Fish-Parcharm. Check to make sure your preferred doctors and medical facilities are in-network. Plan details can vary widely for using an independent birth center or a midwife, for example, or if you need infertility treatments. Charges from anesthesiologists and neonatal intensive care units are common surprise bills, Fish-Parcharm said. Sock away pre-tax cash for health expenses Once you have a sense of potential out-of-pocket expenses related to pregnancy, take advantage of any tax-advantaged accounts you have access to, to set aside pre-tax dollars to cover those costs, said Dietel of Wage Works. Each has different contribution limits and rules for users to be aware of and strategize around. An HSA balance rolls over from year-to-year, and accounts have a triple tax advantage. Contributions are either pretax or tax-deductible, typically grow tax-free and can be withdrawn without incurring taxes when used toward qualified medical expenses. If you have an eligible high-deductible health plan, you can open or fund an HSA at any point during the year. Health FSAs have a few more strings. Open enrollment is your one shot decide how much to put aside in a FSA for at least, until the baby arrives, which is a qualified life event that would let you reassess your contribution. Some companies also offer free cash into such an account for completing wellness activities like getting an annual physical, she said. Weigh pre-tax child care accounts Experts advise hold off on loading up on another open-enrollment perk, the dependent care flexible spending account. Like a health FSA, you can fund these accounts during open enrollment for the following year, or when you have a qualifying life event such as the birth of a child. Any funds remaining at the end of the calendar year are forfeit. There may be other ancillary benefits worth considering. For example, some companies offer something called "vacation-buying plans" during open enrollment, said Frost. That benefit lets employees purchase extra days of paid vacation time, which are taken out of their paycheck pre-tax over the course of the next year. Taking advantage, if offered, could help you stretch your paid parental leave, she said. While you have the employee handbook out, take a look at parental leave policies and other perks. Many companies also offer benefits such as maternity management programs that provide extra support for pregnant workers, or access to lactation consultants, Frost said.

Chapter 8 : Thomas Cook's Special Livery: Open The Door For A Surprise - One Mile at a Time

In an open economy under flexible exchange rates, EXPANSIONARY monetary policy that results in an INCREASE in the MONEY SUPPLY will always cause a reduction in the current exchange rate. Assume that the interest parity conditions holds and that both the expected exchange rate and foreign interest rate are constant.

What does the Bible say about expectations? Expectations can be high or low, reasonable or unreasonable, good or bad. The Bible speaks of expectations of redemption Romans 8: Jesus told us to expect His return although the timing of His return is beyond our knowing: We see the eastern sky grow pink, for example, and so we expect to soon see the sun. Our expectations are not always correct because of flaws in our logic and the bias of hope and desire. Often, we form expectations automatically, without conscious effort. When expectations are not met, pain ensues, and we often place blame on the something or someone who did not live up to our expectations even if our expectations were unreasonable. Expectations based on human assumptions can cause trouble. For example, when a man and a woman get married, they both carry expectations into the marriage. The man may see evidence that his wife is a caring, kind, and patient person. He may form expectations about what she will be like as a mother. Or perhaps his own mother was a great cook, and he expects his wife to possess the same culinary skills. If she does not turn out to be a patient mother or a particularly good cook, he may feel hurt and let down. The woman going into the marriage may see evidence that her husband has a good job and is well-liked by others. She forms an expectation that they will not likely have money troubles. Then, if he loses his job or changes careers and they begin to struggle financially, she may resent him based on her expectation. This couple is now dealing with hurt feelings and resentment based entirely on what they had hoped would happen. Any time there is mutual dependency, expectations exist, and, if those expectations are not met, conflict can be the result. If you grew up in a family where shouting and open conflict was the normal way to resolve an issue, you will expect others to shout and be pugnacious if they have a problem with you. There are some people who the Bible says should not expect much. The wicked, Proverbs And the double-minded, faithless man should not expect answers to prayer: On the other hand, the Bible encourages those who trust in the Lord to expect good things from Him. Those who live in the fear of the Lord have this promise in Proverbs The Bible lays out some principles that help us form expectations and deal with the expectations of others: Openness and honesty with ourselves and with others is the first key. We all fail ourselves and others in many ways James 3: We should not base our expectations on mere assumption see Proverbs We should discuss with our loved ones what our expectations are and what theirs are. They wanted the Messiah to free them from Rome, and they wrongly expected Jesus to establish His kingdom then and there Luke When He did not fulfill their expectations, they were frustrated and angry enough to kill. But Jesus forgave Luke Love is patient and kind, and it does not insist on its own way 1 Corinthians We need to remember that all people are different. If we have formed expectations for friends or loved ones that they cannot live up to, it is not their fault. We have the power to change our expectations, and, if we find that our expectations of others are unreasonable, we should be flexible. In everything, we should look to God and trust Him Proverbs 3: His promises are absolutely sound, and our expectation that He will fulfill His Word is called faith. We can expect God to do exactly what He says he will do 2 Corinthians 1:

Chapter 9 : What All To Expect From Android P? - MobileAppDaily

If you expect to welcome a new baby to the family in , cast a critical eye to your health benefits this fall. It's open enrollment season, a time when many Americans sign up for a health plan for the coming year, including those through an employer or on government exchanges.