

The Best Things in Life Are Unexpected

Life seems incomplete without a plan. From day one, we are placed on a path that we are supposed to follow. Our parents and teachers give us the expectations they have for us, and we set out to discover what this treasure map has in store for us. Yet, we become so obsessed with these expectations that we feel everything in our lives must go according to plan.

Stop leaving yourself disappointed with unfulfilled expectations and stop trying to create a plan for every goal you have. The most exciting things in life are unexpected.

Think back to a fun night you had with some friends. Did it unfold exactly how you had anticipated it? Probably not. The future never unfolds exactly the way we expect it. Random factors come into play and force deviations from the perceived conclusion. Could you imagine how boring life would be if you knew how everything would turn out before you even experienced it?

Change makes our day-to-day operations more interesting, fun and strangely magical. Resisting change will slow down your progress in your pursuit of happiness.

Sometimes an unexpected turn of events will leave you smiling, and when that happens, be appreciative and observant of the wonder that has been bestowed upon you. The world works in mysterious ways. Sometimes things will turn out in your favor. But when they don't, you just have to roll with it. Your life will not turn out as perfectly as you imagined. This doesn't, however, mean you can't live a life full of joy and satisfaction.

You just need to stay open-minded and be easygoing when things change. How you approach the path to your most important goals is dictated by your interpretation of the constant curve balls the world throws you. If you react with a positive attitude, odds are you'll be in for a positive outcome.

We have to accept the fact that changes will be made and we should only react with optimism. But until then, focus on the present and make the most of it.

Become less attached to the likelihood of any expectation and you'll find the stress will lift from your shoulders. There is only one moment you should live, one moment that you should put all of your energy, thought and faith in: right now.