

LIFE WORKS!



THINGS CHANGE



HOW TO
MANAGE
EXPECTATIONS

by Mari Schuh

CONTENTS

When Things Change	4
Always Changing	6
Big Feelings	8
From the Ground Up	10
Feel Your Feelings.....	12
Practice Makes Perfect	14
Keep Your Habits	16
Staying the Same.....	18
Patience.....	20
Go with the Flow	22
Glossary.....	24
Index	24

WHEN THINGS CHANGE

It is usually easier to do things when we know what will happen. What about when things are different? Surprise!





Changes can be hard. But we can learn
how to **manage** our **expectations**.
Then, changes are a little easier.



My favorite mud
puddle is gone!



The sun
changed
it to dirt.

ALWAYS CHANGING

Changes happen all the time. They can be big or small.



A new baby in the family is a big change.



Trying something new to eat is a change, too. It is just smaller.



When we know a change is coming, we can get ready for it. It can make things easier when we know what to expect.

Think about something in your life that will change. What do you expect to happen?



BIG FEELINGS

No matter how much we expect them, changes can give us big feelings. We may be **excited**. Sometimes, we feel **stressed** or **worried**.



It's normal to have big feelings when there is change. Taking a short break may help us shrink our feelings to size. We can do things to **relax!**

I listen to music to relax!



I love to go for a wiggle around the block!

