

The Power of Self-Expectancy

Winners see risk as opportunity. They see the rewards of success in advance. They do not fear the penalties of failure.

The winning individual knows that bad luck is attracted by negative thinking and that an attitude of optimistic expectancy is the surest way to create an upward cycle and to attract the best of luck most of the time. Winners know that so-called luck is the intersection of preparation and opportunity.

If an individual is not prepared, he or she simply does not see or take advantage of a situation. Opportunities are always around, but only those who are prepared utilize them effectively. Winners seem to be lucky because their positive self-expectancy enables them to be better prepared for their opportunities.

As a prime example, Denis Waitley, in his book *The Winner's Edge*, tells about the mindset of Shane Elizabeth Gould, a former Australian Olympic swimmer who competed at the 1972 Games in Munich.

When asked by a reporter how she thought she would do in one of her early career swimming meets in the United States years ago, 14-year-old Gould replied, "I have a feeling there will be a world record today."

She went on to set two world records in the 100- and 200-meter freestyle events. When asked how she thought she would fare in the more testing, grueling, 400-meter event, Gould replied with a smile, "I get stronger every race, and besides, my parents said they'd take me to Disneyland if I win, and we're leaving tomorrow!"

She went to Disneyland with three world records. At 16, she held five world records and became one of the greatest swimmers of all time, winning three gold medals at the 1972 Olympics, as well as a silver medal and a bronze.



She learned early about the power of self-expectancy.

What are your self-expectations? Are they high enough?

The Bible says there is benefit in declaring them.

You will decide on a matter, and it will be established for you, and light will shine on your ways (Job 22:28 ESV).