



**Expectations**



**Experiences**

**What Do You Do in the Gap?**

- **Get Angry**
- **Communicate Feelings**
- **Hold on Tight**
- **Laugh**
- **Avoid Assumptions**

- **Build Resentments**
- **Give Yourself Grace**
- **Set Unrealistic Expectations**
- **Recalibrate Expectations**
- **Create a New Vision**

- **Let Go**
- **Make Requests**
- **Focus on Perfection**
- **Create a Call to Action**
- **Make the Most of It**