



A life- science

MOVE TO THE US,
DO TO FIND LOVE



OPPORTUNITIES: Simone Bienne; (top left) an appearance on CNN; and (left), with Mike Catherwood (left) and Dr Drew Pinsky

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Good news

Bad news

Great expectations

WHENEVER we embark on a new part of our life, start a job or meet someone, we have certain expectations of what will happen in the future. This new guy is the man of my dreams, he is perfect and we're going to get married, live in a big house and have babies. Sometimes he will be perfect, but at other times things don't always work out how we want them to and when they don't, we look back and wonder whether we had too many expectations right from the beginning.

Let me share a secret with you. When I was in my early 20s, I had this idea that by 26 I would have met the man of my dreams, I would be married by 28 and I would have had my first child by 30.

Clearly none of this has happened and I do look back and wonder whether I could have changed anything. Would I have had the perfect life if I had married a guy that my parents introduced me to? Would I have had the perfect house and children? Possibly, but then there is also the possibility I could have got married and had children because that is what I was 'supposed' to be doing.

Things change and life doesn't always go according to plan. If it had, then yes, I would have had all those things – love and a big house – but what I wouldn't have had was this column or my blog, which was conceived through heartbreak.

Once you start having expectations about something, you will continue to have them in all parts of your life, so you have to use these expectations in a positive way. First of all, control your emotions and make sure that in some areas – for example, love – don't expect too much. Men are well known for being fickle and forgetting stuff, not replying to texts and not telling us what they want, and we can't expect them to remember everything right from the beginning.

If you have a job interview, then you will have certain expectations about whether you will get the job or that you may get a pay rise or promotion, but when it doesn't happen, the best thing to do is focus on the goal and work towards it. I'm not saying don't have any expectations at all, but just because you didn't get the promotion this time doesn't mean you won't get it next time.

Many people speak to tarot card readers in the hope that they will receive clarity on situations. I have done it myself, but what I discovered was that most of the time it was nonsense. If you plan for the future, and in the nicest way possible of saying this, have low expectations, then most of the time things will turn out okay. The more you expect something or the more you really want you and Mr X to have a happy ending, the more likely it is to fall flat. Making a plan and setting the scene for every outcome rather than just sorting out issues when they arise will prepare you for every scenario, ensuring that you're not disappointed.

Remember one thing that Eli Khamarov said, "The best things in life are unexpected; because there were no expectations."