**Recognize, Reframe, Rise**

*You Can Do All Things*

**Summary**: Philippians 4:13 - 'I can do all things through Christ who strengthens me.'

**Topic**: Ten Steps to Overcome Expectations of People

## Recognize the Influence of Expectations

1. Acknowledge the power of expectations

2. Understand the impact of societal and cultural expectations

3. Reflect on personal experiences with expectations

## Reframe Your Perspective

1. Embrace your own unique journey

2. Focus on personal growth and self-discovery

3. Shift your mindset from external validation to internal fulfillment

## Rise Above and Embrace Your Potential

1. Cultivate self-belief and confidence

2. Set realistic goals and pursue them passionately

3. Surround yourself with a supportive community