



MONDAYS

with Mike

Addressing our worrisome nature

Worrying is carrying tomorrow's load with today's strength -- carrying two days at once.

It is moving into tomorrow ahead of time.

Worrying does not empty tomorrow of its sorrow; it empties today of its strength.

~ Corrie ten Boom

As we begin our week and settle into the new year, let's take pause and reflect upon the key takeaways about worry from the above quote:

Carrying tomorrow's load with today's strength – this misplaces and misguides our best use of our skills and talents and depletes our strength, overall.

Does not empty tomorrow of its sorrow; it empties today of its strength – we cannot “worry away” what tomorrow will bring. Let's be strong today!

Have a great start to your week by worrying less and being even stronger one day at a time!