



MONDAYS

with Mike

Don't Worry!

Ned Grossman, in his book, *How to Succeed in Life*, shares the following reflection and analysis of what worry does to us. These thoughts should prompt us to call a time-out in our lives and reset our self-talk.

The tragedy of many peoples' lives is that worry robs them of the internal sense that they are competent to cope with the challenges of life and deserving of happiness. They are so consumed and pre-occupied by worry that they do not trust their own minds, instincts, and abilities. They do not feel capable of asserting their own legitimate interests and needs. When the going gets tough, they crumble. They do not persevere because worry has eroded their self-confidence. Because they are insecure and uncertain, they fail more often than they succeed. When they fail, they tell themselves their worry was justifiable, and they continue to worry. They get caught in a vicious cycle, a self-fulfilling prophecy of worry, of negative thinking and of failure.

Let's enjoy these quotes as we get back into our lives with a more worry-free mindset:

I have had a long, long life full of troubles, but there is one curious fact about them – nine-tenths of them never happened.

- Andrew Carnegie

Of all our troubles great and small, the greatest are those that don't happen at all.

- Thomas Carlyle

As we start our week, keep this fact in mind: Of all the things people worry about, only about 8% are legitimate situations that deserve our attention and concern.

As we start our week, let's attack the 8% and leave the rest alone!

Have a great week!