



Allowing You to Enjoy Life  
While Growing Your Practice

## Eliminate Worry

Everyone gets the same amount of time every day. With time being such a precious commodity, why is it that so many of us spend our days worrying?

Clearly understand, there isn't any situation that isn't made worse by worry. Worry never solves anything. Worry never prevents anything. Worry never heals anything. Worry serves only one purpose... it makes matters worse. How? Well, quite simply, when you are focused on worrying about something, you'll never be able to focus on a solution. Be aware that your mind cannot focus on two things at the same time... it can either focus on the current situation and worry, or a solution. The choice is always yours. You have greater control over your choices than you may think.

"If you worry, you don't trust; if you trust, you don't worry."

"Worry does not empty tomorrow of its grief, but it does empty today of its joy."

If you have been worrying about something or someone, you can eliminate that worry through displacement. Let its positive opposite crowd it out of your mind and then follow through with constructive action. Everything in the universe has an opposite, even your worries.

You could be worried about not having sufficient time to do some of the important things you have to do today. The truth is you do have enough time if you are willing to give up something else.

When a worrying thought occupies your attention, choose the positive opposite to the worry thought and focus your attention on that. No one is without problems; they are a part of living. Here's how much time we waste in worrying about the wrong problems:

- Things that never happen - 40%;
- Things over and past that can't be changed by all the worry in the world - 30%;
- Needless worries about our health - 12%;
- Petty miscellaneous worries - 10%;
- Real, legitimate worries - 8%.

The conclusion?

Ninety-two percent of worries take up valuable time, cause painful stress, even mental anguish, and for the most part are unnecessary. By focusing on what you want and where you are going, you are going to greatly reduce worries. Don't worry, instead focus on your dreams!

Share your dreams with us!