

Decide to Live Life Worry-Free

By Paul J. Meyer



More damage is done by worrying than by what is being worried about. This is because 90 percent of all worries never come to pass. Over the years, I have made it a deliberate point not to worry. If something happens at work or home that would constitute a worry, I have learned to address the potential worry and say, "I'm going to wait to worry." Then, when I objectively and realistically address the issue, the "obvious" need for worrying goes away.

For me to enjoy life, remain healthy, and be full of peace, worry cannot be a part of my daily routine. I have seen its disastrous effects on the lives of people and their children. **Here are a few of the side effects of worrying:**

- ◆ *Self-doubt* – It is a downward spiral that focuses on the negative and why things cannot be done versus why things can be done. It is a sinkhole, a debilitating attitude, and a terrible habit.
- ◆ *Mediocrity* – Capable people who worry are rendered incapable of accomplishing their intended goal.
- ◆ *Fright* – People who worry are not being cautious or thinking things over; they are simply scared. Running scared is the enemy of success, peace, contentment, happiness, joy, and laughter.
- ◆ *No spark* – The excitement is gone. Worry lets the air out of all you do, draining the fun and excitement from everything.
- ◆ *No creativity* – The freedom to be creative is squelched by worry. You simply cannot excel to your full potential when worry controls your thoughts.
- ◆ *Hazy results* – Those who worry are second-guessing themselves, which produces a hesitancy that brings with it an unclear focus. Such a hazy goal will produce a hazy result.
- ◆ *Bad habits* – Worrying is a habit, the result of preconditioning and years of practice. The destructive habit of worrying turns people into prisoners.
- ◆ *Physical ailments* – The body reacts adversely to internal worries.
- ◆ *Wasted time* – More than 90 percent of what you worry about never comes to pass.

Make the decision for yourself to live life worry-free. It is not only possible, but it is also very enjoyable!

Paul J. Meyer is a successful entrepreneur and author of personal and professional improvement programs, courses, and books, including his latest book, Fortune, Family and Faith. For more information, visit his website at www.pauljmeyer.com.

Learn to Bounce Back

When my children were growing up, they had a bop bag. This inflatable toy was weighted in the bottom. It looked like Batman or Superman and was designed in such a way that when it was hit, it would fall over but then would bounce back up again.

There are lessons to be learned from the bop bag. Life is going to knock you down, but just because you're knocked down doesn't mean you have to stay down. Like the bop bag, you can bounce back up again and reclaim your life and your time.

As human beings, we have amazing resiliency and more courage and determination than we can ever imagine. Learn a lesson from the bop bag super heroes... when life knocks you down, make the choice to bounce back!

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Eating Tips for Shiftworkers

Shift work presents unique challenges to eating healthy. **Here are simple tips for eating on your shift:**

- Keep a regular eating schedule.
- Eat light meals at night. Avoid eating a full meal between 10 p.m. and 6 a.m. Munch on foods that come in small portions, such as an apple, carrots, or whole-wheat crackers.
- Eat the "right" foods. Stay away from foods that are high in fat. Select whole-grain breads and cereals, skinless chicken, fruits and vegetables, and fish.
- Eat slowly.
- Limit coffee. Water is a good alternative to coffee.

InSync® Moment #83 – Listen to the Music

Birds call. The wind howls. The waves crash. The melody sings. There's laughter. There's a whisper. There's an apology. Do you hear the "I love you"? Do you hear the imperceptible sound of breath? Music is everywhere. It's showcased in the quiet. Listen, really listen, to the music of life.



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