

Just Say No to Worry!

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1. Think of all the things that have worried you recently. What percentage of your worries came to pass? What percentage of your worrying was needlessly wasted energy? Can you confirm that the majority of your worries *actually did not happen*?
2. How did worrying help you solve your problems? More than likely, worrying did not help you resolve your issues.
3. What is your worrying costing you in terms of fulfillment, opportunity, and health? Do you want to continue paying this price?
4. Learn the difference between worry and concern. Concern is paying attention to your issues, but not letting your concerns turn into negative emotions that freeze your Action Steps.
5. Stop focusing on what you do not want. Start focusing on what you do want. If you are focusing on sickness, switch to health and wellness. If you are fearing you will lose your money, focus on being successful financially, making smart decisions, and living an abundant life.
6. Worry resides in your mind and you are responsible for shifting your focus. Stop any victim-mentality thinking or mindset NOW. Excuses are not permitted.
7. Do you like to hang out with people who are always telling you about their worries? That's draining, right? Nobody wants a worrier as a buddy. Make sure you are not that kind of friend.
8. Confident individuals know who they are and where they are going. To help you and others reduce worry, I encourage you to engage our workbook [**My Source EXPERIENCE Journal™ – A Personal Discovery Process for Those Who Want to Lead a Passionate and Fulfilling Life.**](#)
9. At this very moment, choose to focus on a goal, objective, or positive outcome. Do not allow worry to take over your mind.
10. If you knew your efforts could not fail, what would you be doing? List those activities now.
11. Just *go for it* or *let it go*. Either way, notice how you enjoy your wonderful new worry-free feelings.
12. Have fun being in the moment. After all, yesterday is gone and tomorrow will never come. All you have is today.