

## To Worry or Not to Worry

Worrying never got me anywhere before. So why should it now? There were many times when I could have died, but didn't. There were many times when I made plans, but they didn't work out. And there were many times when I said *to hell with it*, but things worked out anyway.

We think we have control, but our control is very limited. We can control our attitude and behavior to an extent, but we have far less control of outcomes. Of what other people will do, what nature will do, what opportunities will be available to us.

Our insecurity comes from fear. Fear that our needs won't be met. Fear that we don't matter. Fear that things aren't as we think they are. We're insecure because we care. We're insecure because we're not able to let go and be present in the moment.

But how often do our fears come true? Not very often, right? Go with the odds. Odds are that the vast majority of your fears won't come true. And the ones that do, may not be as bad as you imagine them to be.

Allow one day's problems to be enough. Worrying about tomorrow won't make it better. And you might ruin your last day worrying about a day that's not going to come. We should consider each day as possibly our last, because one day it will be. Ask yourself: *If today was my last day, what are some things I would want to do? And what are some things I should avoid?*