

## WORRY

*Don't worry, be happy.*

What are you going to worry about today? Will it be something that happened in the past that you cannot change, or will it be something that might happen in the future?

As Ben Franklin said, "A few of the things I worried about actually happened."

Too often we waste our valuable time and energy in worry. What has happened is past. We can learn from it and we can change how we look at it. Often, something that happened at first appeared bad and, after time, we see the value in it.

So often we worry about the future, what bad things will happen, and we play the 'what if' game. To worry is to focus on the negative and what we focus on is more likely to happen.

It is like driving a car. If you look at something off the road you are more apt to start to drive off the road, to where your focus is. If you focus on what you want, you'll be more likely to get it.

What value is there in worrying? None.

A hurricane was expected to hit RI last week. Some people worried about it and talked about all the problems and dangers. Others just prepared in case the hurricane hit. Boats were tied down with extra lines. Outdoor furniture and awnings were put away and some even boarded up windows. While we did not get the full force of the storm, those who took to action were protected.

Worrying does not do any good. In fact, it harms the person who does the worrying and the people associated with them. Worrying doesn't accomplish anything.

Is it not better to look at the possibilities and work towards the best one? Pro active action can and does make a difference in many situations.

How often have you worried, 'I can't', I'm not good enough, I'm not strong enough? When faced with an urgent need you can do it. Watch a mother protecting her child. They can pick up cars and muster all the energy needed to protect their child. When faced with the need you can.

How does one stop worrying? It's as simple as changing your thoughts. You choose your thoughts. Choose positive thoughts. Choose to look at the bright side. Choose to look at the option you have for positive pro active action.

You can also, as they say, live in the NOW. Enjoy what is right here and now today. Tomorrow may never come. If you live in the tomorrow to come you never live. Living is today, today, right now is all that you have. Why not enjoy today, right now?

Life is not about what happens to you as much as it is what you do and how you react to what happens. Be positive, enjoy right now, and your life will be full and rich. Be happy.