

## Stop Worrying – By Derek Mair

You are an amazing unique person, with gifts that no one else has and an unlimited potential.

The quality of your life in the present will always be determined by where you live emotionally. Learn to identify your emotional habits, like anger, frustration, or anxiety and by simply becoming more self-aware of these signals when you receive them, you will start to make better habits.

Anxiety or stress is common when we are under the pressure of deadlines or preparing for looming events such as exams, job interviews, presentations or those situations that will take us out of our comfort zone.

Your health and well-being in preparing ourselves for them will always be determined by the level of uncertainty that you can handle. However, know that we cannot live without uncertainty in our lives, because without variety we stagnate, so embrace uncertainty and the potential for failure because that is where we learn most.

Most successful people have failed their way to success because they never let the fear or failure or the fear of success hold them back. They are winners because they expect times of hardship and if they fail; try, try and try again. You will never succeed greatly unless you are willing to fail greatly, it's the lessons we learn along the way that make us successful. The only real failure in life is the failure to participate...

Say this to yourself everyday... No matter how hard it is or how tough it gets... I am going to make it!

It is our decisions, not our environment or life's conditions that determine the quality of our outcomes. If you want to make better decisions then you have to start asking yourself better questions, especially those questions about how you think or feel about low expected outcomes.

You will never exceed the expectations you have of yourself, so start practicing positive expectations through imagining yourself and how you will feel when you achieve the very best outcomes you can possibly dream of.

Know also that without asking questions we never see every option available to us. When you focus on poor outcomes you induce a state of worry that limits our brains capacity to think of solutions to increase our expectations. By imaging yourself in the best outcome you immediately change the type of state determining chemicals that are released in your body that will counter act the Cortisol induced worried state.

Other tips to positively change your body's chemical balance:

1. Feed your mind something good every day –through reading or listening.
2. Feed your body through exercise.
3. Find your purpose, identify why you want to achieve the goal you are striving for.
4. Find a great mentor or role model to follow, learn from them
5. Develop an attitude of Gratitude for all the talents, beauty and greatness you do have....

Worry or anxiety is simply sustained 'fear' caused by indecision. Indecision in any form will translate into negative stress that trips you up and impairs your productiveness. It will actually paralyse large parts of your brain from performing effectively. When your brain recognises stress your ability to rationalise

disappears and emotions take over. Always remember that fear is not real, it is self-fabricated from your beliefs. Your beliefs, which are simply habits of thought, are determined by all your experiences, good or bad, positive or negative and the stronger the emotional attachment, the stronger the limiting or empowering belief... Become aware of the signals of fear because the body's chemical reaction to fear is the same chemical reaction to real life danger. Analyse them and try to look at them from a different prospective.... Clarity gives you power.

### **Steps to washing away worry..**

**Step 1.** Define the worry situation or problem clearly in writing. Divide a piece of paper into two columns and on the left hand column write down exactly what you are worrying about.

**Step 2.** Define the very worst possibly outcome. Write this down in the right hand column next to your definition of what is worrying you. Most worry is caused by a mental refusal to deal with the worst situation that could possible happen, in other words, fear of uncertainty. Once you have defined the worst possible outcome most of your stress will disappear and your mind will become calm and creative. It's the refusal to face the worry situation that causes the stress.

**Step3.** Resolve to accept that the worst outcome could happen. Say to yourself if it does happen I will learn to live with it, and I promise you that you can. The human spirit, even our biology is built to adapt. Your decision to accept the worst outcome eliminates the worry situation because you no longer have anything to worry about. You have accepted the worst can happen.

**Step 4.** Begin to take action to minimise the worst situation. Start looking positively and creatively to maximise your outcome and systematically take action every day to move toward your goal.

I give to you all the love and abundance in my heart, and wish for you the realisation that how powerful and brilliant you were born is only limited by your belief in how powerful and brilliant you are.

*Derek*

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