

# Why Worry?

Why Worry? Turning Concern, Doubt & Fear



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## Introduction



Worry. It doesn't just get in your head; it gets under your skin. Worry has a way of stealing your thunder, keeping you from accomplishing your goals, and sometimes even feeling unenthusiastic about your dreams.

If you think this experience is unique to you, you're wrong. With 38% of adults worrying at any given time, this means one in three people you meet is troubled by something. Given very few people worry all the time, this means it's safe to assume that just about everyone worries, at some time or another.

Normal or not, worry can quickly become frustrating. How are you supposed to be excited about life when you're full of concern, doubt, and fear?

The answer lies in paying attention to worry. In this book, we'll look at worry, starting with how it negatively impacts us in so many ways. From there, we'll explore some tips and tricks to deal with fear in general with a further look at what you can do with more specific worries in the last chapter.

So why worry? You're about to discover the answers to stop worrying for good!

## The Wrath of Worry



It almost seems like it should go without saying that worry affects us negatively. You've probably experienced some of the ill effects of worry, starting with the obvious—such as headaches or upset stomachs. But the effects don't stop there. You're going to find out worry creates so many adverse effects, starting with mental distress and then moving through your body, ending in inaction as difficult to wade through as quicksand.

What you're going to find out as you read through this section is how worry causes much more than just a handful of uncomfortable symptoms from time to time. Left unchecked, worry becomes the storm bent on destroying everything in its path. Welcome to the Wrath of Worry.

**Don't believe it? Read on and find out just how destructive worry can be.**

### Worry and Physical Health

Worry tends to get under our skin...literally. Did you know worry can trigger the adrenal glands into overdrive? This might not sound important until you realize this is where our body processes the whole panic thing, which puts us into fight or flight.

Simply put, when you're in danger, it's your adrenal glands which are going to pump a whole lot of cortisol and adrenaline into your body to prepare you for whatever comes next. These are the chemicals that give you super strength when you need to do the impossible. Think about the story of a mother being able to lift a car off her child if you need to understand just how vital these chemicals are.

Now imagine what happens when you don't have an actual emergency to deal with.

Worry triggers the exact same chemical response an actual emergency will. The problem is, you don't have an outlet for those chemicals, especially if you're doing something passive like trying to get to sleep or sitting at your desk, attempting to get some work done. You don't need to run away from a tiger, but everything in your body is ready for just such an emergency. It's how we're built.

You might think this is just fine, better to have the chemicals and not need them, right? Wrong. Take cortisol, for example. This will do several things:

- Raise your heart rate
- Shorten your breaths
- Spasm muscles with the need for action

Cortisol left unused has even more effects over time, as it tries to dissipate naturally. These include:

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- Your mouth goes dry
- You get dizzy
- You experience headaches
- Your muscles hurt
- You become nauseated
- You might have difficulty breathing
- You have a hard time concentrating
- Your appearance alters, through hair loss, acne, and weight gain
- Your mood shifts, making you more likely to become irritable and angry

That sounds uncomfortable, doesn't it? But it still might not seem like that much of a big deal. After all, all those reactions go away when the cortisol wears off...right?

**Wrong.** If you experience chronic worry, you can do some real damage to your body. Not only will you be putting your body through all these things, but you'll experience some long-term effects which include, but are not limited to:

- Lowered immunity
- Problems with digesting food/heartburn/acid reflux
- Muscular aches and pains
- Difficulty Conceiving
- Cognitive problems including memory loss
- High Cholesterol
- Coronary Artery Disease





Even worse? You can drive yourself to a heart attack with worry, not to mention what this does to you emotionally. Feeling like this all the time leads people to become depressed and even suicidal.

**This leads us to our next section on mental health.**

## Worry and Mental Health



Our brains have a hard time turning off worry. So much so, we see a wide range of effects on mental health in people who spend a lot of time worrying. Let's examine a few:

- **Insomnia**

Nothing keeps you up at night as much as being unable to turn off a mind full of worries.

- **Memory Problems**

While some issues related to memory are chemical, there is another component to memory, which involves worry. It's tough to concentrate on anything when your mind is already engaged. Remembering things is almost impossible when you become this preoccupied.

- **Nervous Habits**

From the time we were babies, we learned to self-soothe by putting things into our mouths, such as fingers or a pacifier. As adults, we sometimes revert to the same oral fixation when worried. This manifests in nail-biting, chewing your lip, or smoking.

- **Panic and Social Anxiety**

Worry left unchecked has a way of manifesting in numerous ways socially. We can let worry make us so anxious about being in public to where staying home becomes almost a necessity. Panic disorders, social anxiety disorders, generalized anxiety disorders, panic attacks—all of these become more and more likely the longer we leave worry unchecked.

- **OCD**

Obsessive-Compulsive Disorder involves worry ramped up to the point where everything becomes something to worry about, requiring specific actions that become coping mechanisms to keep fear at bay.

- **Phobias**

What is a phobia but a worry about something taken to an extreme? Phobias are diverse and can involve anything from fear of being trapped in a small space (claustrophobia) to fear of spiders sharing your space (arachnophobia). Remember, there are as many phobias possible as there are things in this world, and it takes a lot less time to form than you may realize. Think about that for a moment.

## Worry and Our Actions



As if all this isn't enough, worry can tackle you in ways that impact your actions and behaviors. More specifically, worry has a way of keeping us from getting things done. People who spend a lot of time worrying, struggle in many ways you might not have realized:

- **Procrastination**

Worry about being able to do something right can intimidate to the point where you start avoiding the work necessary to get things done.

- **Avoidance**

Procrastination, at least, allows you to get something done, eventually. Avoidance stops you cold. When you worry about doing something to this extent, you'll find you never get back to the task.

- **Perfectionism**

Worry over whether something is good enough is what causes you to keep tweaking a project long after you've finished it, simply because you can't accept it's ever ready to turn in.

- **Overanalyzing**

Having trouble because you feel like you need a contingency plan for your contingency plan? You're overthinking it, most likely because you're worrying way too much about

failure. This happens when you become so caught up, you never take the plunge into action because you're still trying to work out your escape plan for the twenty-third time.

In short, worrying can stall you out and keep you stuck. Now imagine worrying so much you stay exactly as you are, indefinitely.

**Worry doesn't seem quite so innocuous anymore, does it?**

## No More Worries



Obviously, you can't go on this way. Sooner or later, you're going to have to deal with all the worry in your life. Given just how drastically worry can affect your health and well-being, the quicker you get started, the better.

**Let's look at some tips and tricks designed to help you worry less in general.**

## Go All In

Oddly enough, throwing yourself into an activity with all your energy does wonders for killing worry. A study from the *Journal of Experimental Psychology* asked participants to sing the song “Don’t Stop Believin’” by Journey. Oddly enough, they discovered those who really belted out the song had significantly reduced levels of worry than those who only mouthed the words. Karaoke, anyone?

## Tell Yourself the Opposite

Have you ever noticed opposite emotions tend to feel very similar in your body? For example, being angry and being in love can leave a person feeling very flushed, on edge, and hyperaware (though in different ways). Worry is like that when paired with excitement. So, try this: the next time you’re worrying about things, tell yourself, “I am excited!” instead. Interestingly enough, you’ll start *feeling* excited after telling yourself this enough times.

## Turn Worst Case Scenario into a Best Possible Outcome

Worry likes to predict negative outcomes. When your thoughts take this sort of turn, flip it around and ask yourself what’s the best thing that could happen in the same situation.

## Put the Brakes On

The next time you start worrying, say the word “Stop” out loud. Tell yourself you’re not indulging in those thoughts anymore. By reminding yourself this behavior is over and done with, you don’t allow it to hold power over you anymore.

## Eat Yogurt

We know your food choices can affect your mood but were you aware yogurt could help eradicate worry? A study from the University of Missouri found people who had a diet that

included probiotic-rich foods (i.e., yogurt) experienced far less worry than those who didn't eat them. Who knew?

### **Work with 'Good' Worry**

Some worries are healthy for you. For example, being worried about developing diabetes might lead you to lose weight and change your dietary habits. Recognize where your worry can steer you on a positive pathway, embracing the change.

### **Revisit Your Past**

Let's be honest, how many times have you worried about something in the past? Of those worries, how many of those adverse outcomes actually came to pass? It's very likely very few things go this badly, and certainly not to the extent you imagined. How much validity does this history give today's worry? Probably not a lot.

### **Take a Worry Break**

Simply don't allow yourself to worry except at set points during the day. By scheduling a worry break, you're telling yourself you'll deal with the worry later. When the time comes to worry, sit down, and allow yourself to explore what you're feeling. Make notes of the worries that come up so you can look at them later if you need to. Or try journaling or using art to work through the concerns. At the end of the worry break (set a time to make sure you're not indulging for over 30 minutes), get up and walk away. If any new worries come up, put them on the list for tomorrow's break.

### **Make a List**

A lot of worry stems from the feeling you're forgetting things or not achieving items you need to. By making a list and checking off items as you do them, you keep control over your day, disrupting those particular worries completely.



### **Stop Comparing**

When you're constantly worried about how someone else did something, such as achieving a goal or meeting a milestone before you did, you're never going to be happy. Someone will always do something better than you. This is a simple fact of life. Instead of being so other-focused, look at yourself, and start recognizing your own accomplishments. You're a lot more amazing than you've been giving yourself credit for.

### **Talk to Someone**

To keep worry from building in your mind, it's sometimes better to talk them out with someone you trust. Find someone you can vent with and have at it. You'll find you feel worlds better just getting it out, and even can benefit from the insights your friend has regarding your worry. Then offer to do the same for them.

### **Take an Electronic Break**

Being connected can lead to added worry and stress. There comes a time just to turn off the phone and let yourself relax. This doesn't mean seeking out another screen. Why not go for a walk instead, or pick up a good book?

### **Who Cares?**

If you're worried about people judging you, please understand that in actuality, few people are even thinking about you. People are so focused on their own life and problems (and worrying about who's judging them) that they don't pay attention to what others are doing. As a side note, even when you think people are engaged and actively interested in your life because they're 'liking' or commenting on your posts on social media, the truth is, most people read so many posts in a day you're likely forgotten not all that long after the mouse click.

### **Become a Kid Again**

Sometimes just playing can do a lot to decrease worry. A study from Johns Hopkins University found out people who blew bubbles before bed slept better and had reduced levels of anxiety. Why not break out the building blocks or fly a kite the next time you're worried? A separate study showed watching cartoons had a similar effect. Who's up for a Bugs Bunny marathon?

### **Go with the Flow**

Worry insists we should have every aspect of our lives planned down to the tiniest detail. The problem with this comes from the sheer randomness of life sometimes. When you can let go and enjoy the moment, you're going to find there's a lot less room for worry. Worry only deals with the past or future. The more you can stay in the present moment, naturally, the less you'll worry.

### **Journal**

If you don't feel like talking things out, maybe putting your worries on paper holds more appeal. The point with journaling is to give voice to your fears and let them go. This is just for you, so allow yourself to be as raw and honest as you like. If you're scared of someone finding what you've written, feel free to tear up the pages or burn them afterward. There is a kind of release when you destroy the words of worry you've written down.

### **Recognize the Bad Things are Temporary**

So, something you worried about came to pass. Now what? Rather than worrying about how much worse things could go from there, take an opposite



tactic. Realize setbacks are temporary, especially when you're ready to embrace the lesson in all failures and move on.

### **Find a Positive Thought**

Worry is nothing more than a constant manifestation of negative thoughts with negative outcome attached. By becoming mindful of your internal dialogue, you will very quickly start recognizing when you're starting to worry. Cut those thoughts off as soon as you notice them creeping in by countering with positive thinking instead.

### **It's Not About You**

Even when people are treating you poorly, there's no need to spend a lot of time worrying - this is a reflection of what they think about you. More often than not, people are rude and dismissive because they're preoccupied with their own worries. You can't control what others think anyway, so it's best to let it go and move on.

### **Learn to Relax**

There are many ways to relax. For example, you might find deep breathing techniques, gentle exercise such as Yoga or Tai Chi, or meditation or mindfulness techniques soothing and grounding. Whichever route you go, give yourself enough time to become present in the moment, keeping in mind these practices have a more optimal effect if you make them habitual.

### **Live in the Now**

Worry is a time-traveler intent on keeping you planted firmly in the past or cringing about the future. If you can let go and stay right here in the now, you'll find a lot of worries no longer fits in your life.

### Embrace Positive Energy

Worry hates being confronted with unbridled optimism. Try listening to lively music or podcasts, audiobooks, or YouTube videos with inspirational content. If you are an obsessive worrier, add a short inspirational Ted Talk or the like each morning to get you started out in gratitude and well-being.

### Trust Things Will Be okay

Oddly enough, most things really do tend to work out all right in the end. This is the point where some people embrace their faith or trust in the universe. When you notice yourself moving into worry, remind yourself that you trust that the world is a friendly place and that a



benevolent higher power is working for your highest good. If these things are true, there's absolutely no need to worry about anything.

### Prepare Yourself for the Excitement

When you feel that cortisol dump coming into your body, tell yourself you're about to get stuff done. Throw yourself into the next task, giving it everything you've got.

There's no time to worry when you're focused and accomplishing things.

## Specific Worries



By now, hopefully, you're feeling a little less worried.

The problem with worry, though, is it becomes such a way of life that we become accustomed to carrying it with us wherever we go.

**This chapter is devoted to universal worries that crop up frequently.**

## Worry About Job Security



Worrying about keeping a job that you enjoy or just plain old job security about tends to top the list of worries given by adults polled on what they fear most. Given we spend so much of our week at work, is this really a surprise? Let's look at some ways to address the most common worries people have regarding their jobs.

### **Know the Players and How to Keep Score**

Every workplace has a different feel, depending entirely on the people in the office. To feel less worried and more confident at work, start by taking the time to learn the name of everyone there. This shouldn't be the end of the task, though. Next, figure out what everyone's role is and what their importance is within the office. It might seem like a lot to know, but you'll find yourself worrying less when you know just who is capable of getting you what you need.

### **Know How to Ask for Help**

One of the biggest workplace worries people have focuses on asking for help. No one wants to appear weak, which, unfortunately, is how most people feel about asking for assistance. But if you honestly are confused by an assignment, isn't it better to seek clarification rather than do a lot of work on the wrong thing entirely? Find out early who to approach when you need a hand, and you'll worry a lot less when you're stumped by something.

### **Avoid the Drama**

You have enough to worry about already without getting caught up in someone else's workplace soap opera. Don't allow yourself to be drawn into drama at all if you'd rather

avoid the worry that comes over being on the wrong side when everything blows up (because it always does).

### **Under Promise / Over Deliver**

Worry about impressing the clients or your boss evaporates when you learn how to set adequate deadlines. Give yourself more than enough time to finish what you need to. A good rule of thumb is to estimate how much time you think a task will take and then half that again. We frequently underestimate how long something will take to complete. If you finish early, you look like a genius, which is far better than how it looks when you're late.

### **Keep Communication Lines Open**

When you start worrying about how to answer your emails, it becomes easy to avoid them altogether. This doesn't lead to a lot of confidence from your coworkers, which can put you into a whole new spiral of worry and self-doubt. Avoid the entire mess by keeping on top of communication right from day one. Never allowing the day to end without addressing your work emails from the last 24 hours.

### **Have Conversations in Person**

It's so hard to know what someone else is genuinely saying in a text or email because you can't always 'hear' the tone of voice. Rather than endlessly worrying while trying to read between the lines, opt for more conversations in person, where body language and tone can clarify matters considerably. It's also easier to come out and ask people just what they're saying when you're face-to-face.

### **Address Concerns**

Having a problem at work causing worry? Rather than sitting and stewing on it, take it up with the people involved before it spirals out of control. It's better to talk to your

manager or coworker now, than for it to escalate into something requiring HR or an outside mediator.

### **Take Advantage of Resources**

Some workplaces offer counseling, connections to mental health resources within the community, or seminars geared toward health initiatives. Take advantage of these programs whenever possible to help keep worry in check.

### **Address the Worry**

Concerned your job might be on the line? Rather than deny the worry as being valid, take some time to explore why you're feeling this way. Is there a reasonable justification for the worry? If so, the concern might be a hint that it's time to work on your resume. If not, are you feeling threatened by something else at work? Getting to the heart of the matter allows you to face the worry head-on and deal with it.

### **Address Imposter Syndrome**

It's not unusual to feel like you're in over your head, especially if the job you're doing is new or has fresh responsibilities. Again, ask yourself if you genuinely have something to be concerned about. If so, what's your plan of action? Maybe you need to focus on learning a new skill. Regardless, remind yourself you were placed into this position for a reason. Someone somewhere has faith in you. You should too.

### **What's the Escape Plan**

Worried about the future and whether or not your job will be there tomorrow? Start today in creating your safety net by putting aside funds from each paycheck into a nest egg to see you through. This might not make you feel any more secure about your job itself, but it will do wonders for worries about what you'll do if everything goes south.



### **Update the Resume**

If you're worried because your job might legitimately be downsized, don't just update the resume, but start sending it out. There's no time like the present to create a secure place to work. Besides, it never hurts to have more options. Even if things aren't dire regarding job security, don't be afraid to send out your resume if you're worried you're unappreciated or unfulfilled. There are always other jobs.

### **Go on Vacation**

Did you know almost half of the workers don't use their vacation time? Too often, they're so busy worrying about how they'll look to coworkers or their boss that they hold back on taking time for themselves. What you might not realize is how much everyone needs a break – especially you. Taking time off and coming back, well-rested benefits the entire company.

### **Figure Out Who You Are**

Worried you'll lose your identity if you lose your job? This is pretty common. The trick here is to realize you're much more than your job title. No matter what happens, you're still going to be the beautiful person you are. Reflect on other aspects of your identity and build on them.

### **Recognize You'll Be Okay**

A lot of worry at work can be derailed with this simple truth. Regardless of what drama you've gotten sucked into, you're going to be just fine. You have been in the past, and you will be now.



### Worry About Our Romantic Partner



Of all our worries, this one probably hits us the hardest. Our relationships are super important to us, and for good reason! We wrap up a lot of identity in who we're with. More importantly, we really hate to be alone and spend a lot of energy in making a deep and personal connection with someone else. It's only natural to worry about losing this connection. How do you address this worry when it happens to you?

#### Negative Thoughts

In relationships, the most common worry crops up the moment the thought of them leaving crosses your mind. Depending on how things are going, this thought might come up a lot. The key is not to let it take hold. Try to be objective about how the relationship is actually going, and immediately replace any negative thoughts with a more positive one. This is vitally important, as this kind of thinking can utterly destroy a relationship if you start giving it real estate in your head. Even if things weren't bad when you started thinking it, they could become awful quickly as this particular worry plants suspicion and jealousy, derailing even the best relationship.

What are the most common signs your relationship worry is getting the better of you?

#### Clinging

Anytime you worry someone is going to leave you, it's natural to grab hold and hang on for all you're worth. The solution? Ease up a little. Express the ways you trust your partner and give them the space to be worthy of this trust.

### **Control**

Worry about feeling helpless more often than not comes out in a fierce control over the other person, where you try to prevent them from acting hurtfully toward you. This never ends well.

### **Rejection**

Worry that you'll be rejected can end with you rejecting them first in a pre-emptive move creating the very situation you're trying to avoid.

### **Holding Back**

Feeling too vulnerable? Worrying about the other person seeing you too clearly can result in trying to maintain a distance, which prevents intimacy entirely.

### **Punishment**

Worry sometimes manifests in harmful ways, where you take out all your fear and uncertainty on the other person. This can quickly devolve and turn into violence or abuse.

Please note, most of these worries are focusing on things you control, not the other person. Why? Because you can't control how someone else acts in a relationship. You can only ever control yourself. With this in mind, don't let worry ruin a perfectly good relationship. Be aware of when you're worrying and what you're doing to the other person when you do.

## Worry You're Not Good Enough



It doesn't matter what you're setting out to do. When this particular worry creeps into your head, it can spoil everything. What can you do when you feel like you're just not good enough to make the cut?

### Quit Comparing

The first problem of worrying you aren't good enough is that it urges you to compare yourself to

others. This is a scarcity mindset because it assumes that there isn't enough to go around, no matter what it is you want. Just because someone else has what you want doesn't mean you can't have it also.

### Connect

It's easy to worry the other person is better than you when you don't even know them. Take some time to get to know the people you admire. By connecting with others, we start to see them for who they really are, flaws and all. Only then will you recognize we're all the same, with no one person better than another—we each have strengths and weaknesses.

### Drop "Should"

...along with a whole lot of other related words. You're always going to worry you're not good enough when you hold yourself up to an impossible standard. The danger signs this is happening are found right in the language you're using: should, ought, or any variation thereof.

### **Take the Other Person Off the Pedestal**

When you worry that you can't measure up to those around you, generally, it's because you're thinking far too much of the other person. Recognize no one is perfect. The people you admire are filled with insecurity, flaws, and their own worries. There's no reason to assume anyone is better than you regardless of the balance in their bank account or the attractiveness of their significant other.

### **Don't be so Dramatic**

Why does one failure have to lead to the worry *you're* the failure? You are more than the outcome of a single incident. If you're obsessing over one mistake, think back and write down all the times you achieved or overachieved your goal.

### **Know They're Doing It Too**

The weirdest thing about comparing yourself to others is that they probably are comparing themselves to you! Our brain likes to make us believe the grass is always greener on the other side. Yes, we are smart, but they have a 4.0 GPA. Yes, we are in a stable, loving relationship, but their partner makes a lot more money than yours. Reminding yourself that the person you are comparing yourself with has their own insecurities and is, at this very moment, comparing themselves to someone else—possibly even you!

### **You're Doing Better Than You Think**

Take a step back and recognize your accomplishments. You've really come a long way already. Don't negate your own progress for the sake of thinking someone else is better than you. You're really doing great all on your own.

### **Realize Nothing Good Ever Comes Out of Hate**

Worrying you aren't good enough erodes your self-confidence so that you discount your past accomplishments. Once you're down like this, it's very easy to become trapped there. How can you expect anyone to love you if you don't love yourself and believe you're worthless? Remember, what we focus on expands. If you go around thinking

you're not good enough, others will tend to respond to you that way. It can quickly become a self-fulfilling prophecy.

### **Be You**

In the end, the best way to defeat this worry is to be yourself simply. No one needs another clone of whatever pop star is famous in the moment. It's always better to embrace the uniquely wonderful person you are. Take the time and effort to learn to love and appreciate yourself. This is the best way to start feeling, thinking, and behaving as if you are good enough!

## Worry Other People are Judging You



It's natural to wonder what other people think of you. This becomes a worry when our own self-esteem starts getting in the way and making us unable to see ourselves for who we are. When this happens, we examine other people's opinions on us to define ourselves. What we don't realize is just how unhealthy this is. What can you do when this happens to you?

### **The Only Authority on You is You**

Would you expect someone else to know if you're feeling hot or cold right now? Of course not. But when you worry about how someone is judging you, you're expecting them to know you inside out. How ridiculous is that? The only one who knows what you're truly capable of is you.

### **Whose Opinion Matters Here?**

When you're worried about other people, you're forgetting the most important opinion of all: yours. What do you think? This is the only answer that matters. You are going to be the one who lives with the consequences, so yours is the only opinion that counts.

### **No One Can Force You to Feel Anything**

One of the biggest mistakes we make is when we think someone else's opinion can affect whether we feel happy or sad. Only we can determine how we're feeling in a given moment. To become worried about their opinion then isn't their fault, but yours. Don't give someone else this kind of power over you.

### **You Can't Read Minds**

Even with your worrying, you're never going to know what anyone else is thinking unless you're a skilled telepath. Since telepathy is found in comic books, it's a pretty safe bet you really don't know what anyone else thinks. Their thoughts very likely have nothing to do with you. Even if they are judging you, why does it matter to you what's going on in someone else's head?

### **Forgive**

When it does become evident that someone is judging you, which does sometimes happen, worrying about their unkind words isn't going to do anything to change the situation. Here's where your best bet is to walk away. What's more, your best option here is to forgive them for this judgment. Otherwise, you're just going to wind up obsessing over it, creating a brand-new set of worries. They are likely judging you because they feel they aren't good enough themselves. Forgive them for judging—holding onto a grudge and worrying only hurts you, not them.

### **Use a Little Compassion**

If someone else is being all judge-y, it might have very little to do with you. Instead of worrying where you went wrong, the better question might be, what are they going through right now to be so negative. Forget worrying about their opinion through showing a little compassion. The best way to manifest this? Let their judgments slide right off you.



## Worry About Where You Go from Here



Figuring out the next steps can be challenging, especially when you have a goal in mind that's important to you. Worrying about what to do next, or when to take a chance can absolutely cripple you and keep you from moving forward. Learning how to deal with these worries can mean the difference between failure and success.

### **Forget the Details**

It's so easy to worry about whether you've thought of every contingency that you reach a point where you never move forward at all, just in case you've forgotten something important. The only way past this is to act simply, ready or not. You can always pivot or course-correct as you learn and grow.

### **Be Imperfect**

Much like the last one, worry about whether things are right before moving can pull you into a spiral of inaction. There comes a time when you need to accept “good enough” is still okay.

### **Create a Plan**

If you’re worried about how you’re going to get things done, the simplest solution is to grab your calendar and set up a schedule. Once you have the whole project mapped out, it’s easy to move forward without having to worry if you’re in the right place at the right time.

### **Create Your Tribe**

Having support is incredibly important when you’re about to embark on something new, especially if you’re worried about possible criticism from others or failure. Your tribe will always have your back, there to support you no matter what happens.

### **Be Flexible**

Not everything is going to go as planned. Worrying about this gets you nowhere—it only saps your energy reserves. Instead, look for the opportunity in the chaos when the unexpected happens.

### **Put in the Time**

Nothing happens overnight; all the worrying in the world can’t change that. You’re merely going to have to accept things happen best when you’re willing to put in the time and energy to make them happen.

### **Prepare to be Criticized**

Worried about what others will think about your new plan? Refer back to the previous section, coupling this advice with the reminder that people will always feel threatened

by something new. There comes a time where you really do need just to let go of your fears of what other people are going to think.

### **Take Pride**

Hey, you're about to do something amazing. Instead of worrying whether you're going to measure up on this new path, take pride in where you are now. You've come a long way just to reach this point. Imagine all the great places you're going to go from here.

### **Remind Yourself You Can Do This**

Worried you don't have what it takes? Think back over the things you've already accomplished in your life. There were times you didn't think you'd do those things either. You've got this!

### **Commit**

Instead of worrying about whether everything is ready or not, there comes a time when you need to make a leap of faith. The very fact you're worried about this means you're probably a lot more ready than you think you are. Jump in and see what happens next.

## Conclusion

Ready for the journey of a lifetime? Hopefully by now, you've addressed your worry and have a plan for getting it under control. If you haven't, be patient. A lot of what you're doing here is building brand-new habits designed to teach you new ways of thinking. The main thing is to keep trying. You'll get there.

In the meantime, embrace the excitement. Life without worry is the most fantastic feeling in the entire world. It's when you tap into this excitement where you discover your best self and accomplish the greatest things.

The world is waiting. Are you ready to see what you can do?