

Favorite Quotations on Worry

- ❖ I've learned that when you're worried, give your troubles to God. He will be up all night anyway.
- ❖ Make a list of those things for which you are particularly grateful.
- ❖ Instead of worrying about the bad things that might happen to you, spend a few minutes every day enumerating the pleasant events that are going to happen.
- ❖ Think good thoughts. Positive and cheerful thoughts will improve the way you feel. What affects your mind also affects your body.
- ❖ I've learned that everything looks better in the morning after a good night's sleep.
- ❖ It takes 17 muscles to smile. Muscles from each side of your face meet at your mouth. They let your mouth and lips move and change shape when you talk, eat, smile, laugh, or frown. It takes 43 muscles to frown; using muscles around your mouth and muscles from your forehead. Frowning gives your face a real workout, while smiling is easy.
- ❖ Remember to express gratitude every day—by prayer and affirmation—for the blessings you have.
- ❖ Be sure to give daily thanks for your blessings and avoid asking only for what you think you don't have.
- ❖ Age is more a matter of focus and physiology than chronology. Many people have lived many years but still have a “skip” in their walk and flexibility in their thought. A simple example of this is found on a rainy day. When “old” people see a puddle, what do they do? They not only walk around it; they complain the whole time! On the other hand, children and those still young at heart might jump right in, laugh, splash around, and have a good time. Enjoy life's “puddles.” Live with a spring in your step, a smile on your face. Make cheerfulness, outrageousness, and playfulness new priorities for your life. You're alive! You can feel good for no reason at all!
- ❖ No one on the face of this earth can make you feel inferior without your permission.
- ❖ Enjoy the small delights that life offers.
- ❖ Nothing that causes you to worry is worth what your worry costs you in peace of mind and physical health.
- ❖ I've learned that regrets over yesterday and the fear of tomorrow are twin thieves that rob us of the moment.

- ❖ The seven basic fears include the fear of poverty, criticism, ill health, loss of love, old age, loss of liberty, death. Since fear is merely a state of mind, you can control it by taking action.
- ❖ Anything that robs you of peace of mind robs you of life's greatest wealth.
- ❖ The most destitute person in the world is the one without a smile.
- ❖ God loves you - whether you like it or not!
- ❖ One of the ultimate objectives of attaining inner simplicity is learning to live happily in the present moment. Keep in mind that life is a continuous succession of present moments. Most of us spend an inordinate number of our moments regretting the past, or fidgeting in the present, or worrying about the future. We miss a lot of life that way.
- ❖ I've learned that if you were to hang your problems on a clothesline along with your neighbor's, you would run and grab your own.