

# Daily Routines For Tackling Your Biggest Worry

Do you worry too much? Worrying is hard to stop and rarely helpful. We worry because we either think it will help or we can't stop ourselves. Stress and anxiety are signs that something is wrong. *The key is to notice that signal and begin working on a solution.* These routines will put you on a positive path that can eliminate much of your worry.

## Morning

**Implement a morning routine and take charge before worrying begins:**

### **When you wake up, spend 5 minutes focused on your breathing**

- Make every attempt to avoid thinking about anything other than your breathing. Get the day started right by controlling your thoughts. When your mind inevitably wanders, bring your attention back to your breath.

### **Visualize success**

- Imagine yourself tackling your biggest worry confidently and efficiently.

### **Meditate or pray for 10 minutes**

- The choice is yours, but put your mind into a positive and relaxed state.

### **Continue managing your thoughts throughout your morning routine**

- Be mindful. While you're in the shower, concentrate on cleaning yourself. The same goes for brushing your teeth, getting dressed, eating breakfast, and so on.

### **Use the commute to work wisely**

- It's easy for your mind to run wild while sitting in the car, bus, or subway. Find an audio program dedicated to relaxation or addressing the area of your concern. Use the time to your benefit and keep your brain occupied in a positive manner.

## During the Day

### **Determine new habits that address your biggest worry**

- For example, if you're having financial challenges, there are several habits that could be useful, depending on your challenge:
  - Apply for 3 new jobs each day.
  - Take your lunch to work instead of eating out.
  - Carpool to work.
  - Review your spending each night for unnecessary expenditures.

### **Now imagine if you had started using these habits five years ago**

- Would you be in a better position today? If so, you're on the right track.

### **Practice your new habits**

- Developing habits that both avoid and solve your challenge is instrumental in eliminating your biggest worry from your life. Once your mind is focused on working on a solution, it will put out more positive messages and emotions.

# Evening

**Keep your momentum going with a positive evening routine:**

## Review how well you did today

- Did you build on your new habits? On a scale of 1 to 100, how worried did you feel about your area of concern? What could you have done better?

## Visualize success again

- Revel in the positive emotions evoked by your vision.

## Focus on your breathing until you fall asleep

- It's easy to worry while you're lying in bed with little else to do. Counting your breaths until you fall asleep helps to clear your mind of items that worry you.

Use worry as a signal that there's an issue in your life that needs to be addressed. Continuing to worry isn't helpful and puts you in a less capable mental state. ***Develop your own simple routines to eliminate the worry from your life. Focus on solutions*** rather than expending mental energy by just spinning your wheels.