

Zig on Worry...

Worry is like a rocking chair; it requires a lot of energy, and it gets you nowhere

by Zig Ziglar

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Worry has been described as *"interest paid on trouble before it comes due."* One of America's worst enemies is worry. Worry is like a rocking chair; it requires a lot of energy, and it gets you nowhere. Leo Buscaglia said, "Worry never robs tomorrow of its sorrow, it only saps today of its joy."

Question: Are you a worrier? Americans take more pills to forget more worries about more things than ever before and more than people in any other nation in history. That's bad.

According to Dr. Charles Mayo,

"Worry affects the circulation and the whole nervous system. I've never known a man who died from overwork, but I've known many who have died from doubt." Doubt always creates worry, and in most cases, lack of information raises the doubt.

Life is much like Christmas. You're more apt to get what you expect than what you want.

Mathematically speaking, it really doesn't make sense to worry.

Psychologists and other researchers tell us that roughly 40 percent of

what we worry about will never happen and 30 percent has already happened. Additionally, 12 percent of our worries are over unfounded health concerns. Another 10 percent of our worries involve the daily miscellaneous fretting that accomplishes nothing. That leaves only 8 percent. Plainly speaking, Americans are worrying 92 percent of the time for no good reason, and if Dr. Mayo is right, it's killing us.

One solution that will reduce your worry is this: Don't worry about what you can't change.

Example: For a number of years I've flown in excess of 200,000 miles a year. On occasion, flights are canceled or delayed. As I write this, I'm sitting on the runway waiting for my gate to clear. If I worry or get angry, nothing will change. If I take constructive action and finish this article, I'm ahead of the game. That's a positive way to use the energy that I would have wasted on anger, frustration, or worrying.

The message is clear: If you don't like your situation in life, don't fret or worry – do something about it. Worry less, and act more.



Zig Ziglar is known as America's Motivator. He is best known for his inspirational messages of hope through his 28 books and numerous audio and video recordings. To be inspired visit his website at <http://www.ziglar.com>

Based on the principles of founder, Zig Ziglar, the Ziglar Way conveys powerful life improvement messages that transcend barriers of age, culture and occupation. Delivered through personal development training and corporate training programs, the Ziglar Way has impacted more than a quarter of a

billion lives.

The Ziglar Way—a philosophy is born

The personal and professional development strategies you discover through Ziglar are all built on or related to a basic philosophy. A philosophy developed by Zig Ziglar more than 50 years ago.

A World War II veteran who grew up poor in Yazoo City, Mississippi, Zig worked in a succession of sales companies early in life. As his sales skills grew so did his interest in motivational speaking. During speeches, his messages of hope, encouragement and faith showcased his way of life—forming the Ziglar Way.

How the Ziglar Way makes a difference

Taking action, common sense, fairness, commitment and integrity form the basis for this way of life. And when you live by this philosophy you'll live a balanced life while achieving significance at both work and home.

All Ziglar programs focus on these key items - old and new. That's why Ziglar programs from the past continually change lives while newly developed personal and corporate training programs at Ziglar remain consistent with this basic philosophy.