

# Monday Morning Motivation 5/30/2011



THE POSITIVE PLACE. SALES MOTIVATION AND PERSONAL GROWTH

## A day reborn

***"It's in vain...to recall the past, unless it works some influence upon the present." --  
Betsey Trotwood, a character in Charles Dickens' David Copperfield***

Worrying about the past? Does that work for you? It's over, already.

Worrying about the present? Why worry, when you can go out and change something now, and avoid worrying altogether?

Worrying about the future? The things you do right now can help alleviate your worries.

Why worry?

I lead off with a quote from David Copperfield. If you've been reading these pieces, you'll remember that I'm a fan of the book. I'm actually listening to an unabridged version of it while I drive long distances (from Audible, a division of Amazon.com), but I also have it on my Kindle.

Anyway, to get back to my point, when you read the book, you soon see the saving power of action -- and the debilitating nature of worry without action.

Too many of us spend hours on end worrying about something that could have been fixed in only minutes. Many of us spend time worrying about things we did, or things we didn't do, or things that other people did to us. That makes no sense -- why worry about something that's happened (or never happened) already? And yet, people spend half their lives worrying.

There's one great way to deal with worry -- action. Nothing else is as strong, nothing else makes as much difference. Action -- as sudden and immediate as you can make it -- drives worry away, better than any pill or psychoanalysis. Action makes the difference.

It's Spring as I write this, and the flowers and trees outside are showing the blossoms and leaves of Spring. Each year as winter retreats, the world comes awake from its yearly

slumber -- and as a result, it's a rebirth of sorts.

Too many times, our worries have held each of us in a dormant position -- as dormant as any tulip bulb sleeping under any patch of snowy ground. Worry is paralyzing, and it throws our individual worth into a bleakness that is unrivaled by any winter snowstorm.

But as the spring brings rebirth, solid, positive action provides a rebirth from worry. It allows us to bring light and warmth to our souls, as we drive out the bleakness that the winter of worry has provided.

Action conquers worry, as sure as the Spring comes to save us from a lifetime of Winter.

Copyright, 2011, by Daryl R. Gibson. All rights reserved. Permission is hereby granted for the non-commercial redistribution of this document as long as it remains intact with this copyright and all other lines. This license does not extend to the use of this material in a compilation, whether for profit or non-profit use. Join us at <http://www.weeklywisdom.com>.