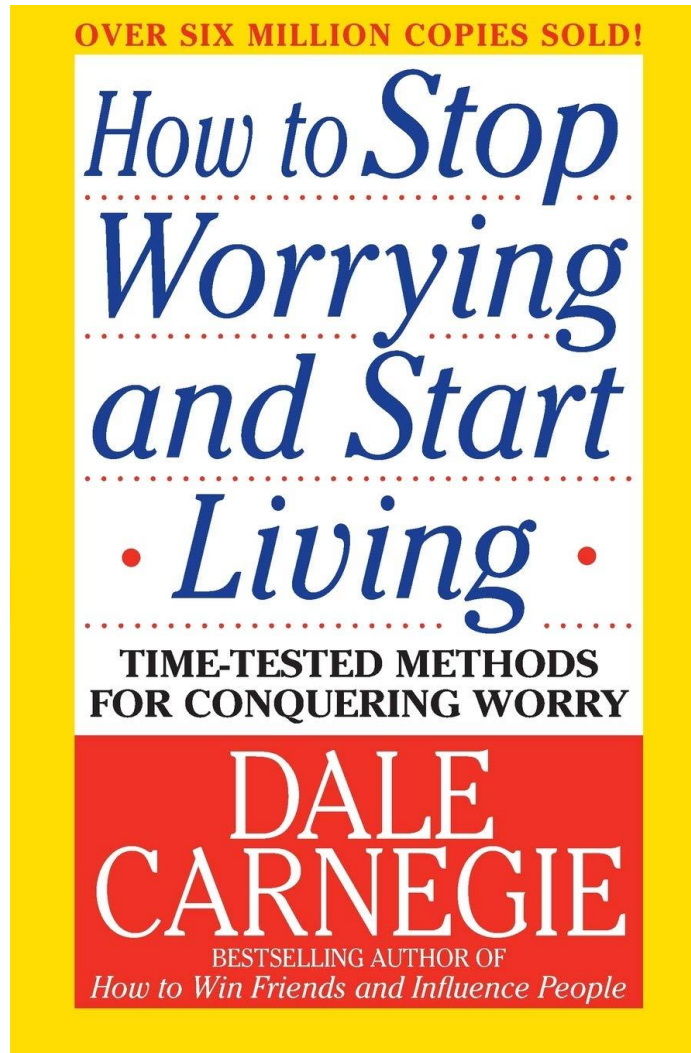


How to Stop Worrying and Start Living



A three-step process to handle any problem without worrying:

1. Analyze the situation fearlessly and honestly. *Figure out what is the worst that could happen*
2. Reconcile yourself to accept the worst that can happen.
3. Devote your time and energy to try and *improve on the worst* that can happen.

How to Analyze and Solve Your Worry Problems

The three basic steps of problem analysis:

1. **Get the facts.** Unless you have the facts, you cannot even begin to tackle your problem
2. **Analyze the facts.** Find out what the facts say about the problem you are facing
3. **Arrive at a decision** and then act on that decision. After analysis, arrive at a decision and commit to it

When tempted to worry about a problem, write down answers to the following questions:

What is the problem?

What is the cause of the problem?

What are all possible solutions?

What is the best solution?

How To Break The Worry Habit Before It Breaks You

Rules to break the worry habit:

- **Keep busy.** When you are busy, you will crowd out the worry in your mind
- Don't fuss about trifles. *Don't permit little things to ruin your life*
- Use the law of averages to outlaw your worries. Ask yourself: "How likely is it that the thing I'm worried about will happen?"
- Cooperate with the inevitable. If it is going to happen and you can do nothing about it, **accept and move on**
- Put a "stop-loss" order on your worries. Decide whether the thing giving you anxiety deserves that much attention or not
- Let the past bury its dead. **Don't dwell on the past**

Six Ways To Cultivate A Great Mental Attitude

6 ways to cultivate a mental attitude that will bring you peace and happiness:

1. Fill your mind with the **right thoughts**. The outcome of your life is a reflection of your thoughts
2. Never try to get even with your enemies. When you try to get even with your enemies, you hurt more than them
3. Don't worry about ingratitude. Expect it. The only way to find happiness is through the **joy of giving**
4. **Count your blessings**, not your troubles. Be grateful for what you have
5. Do not imitate others. Be yourself
6. When fate hands you a lemon, make a lemonade. Make the best out of every situation

Three rules to keep you from worrying about criticism:

1. Unjust *criticism* is often disguised as a *compliment*. When you are unjustly criticized, remember it is because others are jealous of you
2. Do the very best that you can. *Your work will speak for itself*
3. Engage in constructive self-criticism. Keep a record of the fool things that you have done since you can't hope to be perfect

Five Ways To Prevent Fatigue and Keep Your Energy and Spirits High

How to prevent fatigue and keep your energy high:

1. *Rest before you get tired*. Don't allow yourself to be too exhausted to continue
2. Learn to relax at work. Take a break and even a nap sometimes
3. Apply the following good working habits: clear your desk, do things in order of their importance, when faced with a problem, solve it there, and then. Also, learn to *organize*, delegate, and supervise
4. To prevent fatigue, **demonstrate enthusiasm in your work**. If your work is exciting, you will never feel like you are doing any work
5. No one has ever been killed by lack of sleep. Don't worry too much about not sleeping well

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1. <https://dansilvestre.medium.com/how-to-stop-worrying-and-start-living-by-dale-carnegie-summary-and-notes-36f7075ad88>
2. <https://www.youtube.com/watch?v=IC9OTzmMsZ0>
3. <https://www.youtube.com/watch?v=MZpF-IuzmlM>