

# **HOW TO STOP WORRYING AND START LIVING EFFECTIVELY**

**IN THE 21ST CENTURY**



**AN UPDATED GUIDE TO  
LIVING FREE OF WORRY  
IN THE KNOWLEDGE ERA**

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# Foreword

Are you constantly worrying about everything? Most people worry mostly about relationships, finances, your parents, children, job, school, and everything. Sometimes, not even realizing it? Well do your negative thoughts take control of your mind and drive you absolutely crazy? Most people's worries do. But, there are a few things you have to think about and do in order to get your thoughts back on track. So, in this book, I'm going to share these things with all of you and hopefully, they can help you get those positive thoughts back in you your brain too.



# Chapter 1:

## *Ten Actions*

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In the process of gaining an education, we learn about many crucial subjects such as math, science, and history. I trust our educations should also present ideas that help us evolve into the best people we can become. To accomplish our potential, we need values and attributes that enrich our lives and the lives of others. These qualities, the result of our inner development, will allow us to mature emotionally and spiritually.

- Balance
- Faith
- Forgiveness
- Honesty and Integrity
- Interpersonal Skills
- Love
- Motivation
- Perseverance
- Responsibility
- Self confidence

## **Ten Actions**

Developing these ten attributes builds character, which serves as a jumping-off point for dynamic action in living a worry free life?

### **BALANCE**

We are able to live a balanced and fulfilling life by centering on spiritual development as a top priority, and by devoting time to the other areas: physical, mental, career, financial, family, and social/recreational.

We can provide balance in our lives by keeping up our wellness and vitality; developing a clear mind and a positive mental attitude; discovering our talents and doing your part in a meaningful career; meeting our financial needs and responsibilities; taking care of our responsibilities to family; taking time out for fun; and building meaningful friend-ships.

### **FAITH**

Belief in ourselves and trust in a Higher Power can help us through tough times." Letting go and letting God" enables us to accept and appreciate life in all its diversity. Faith in a Higher Power allows us the stability and peace we need in life.

### **FORGIVENESS**

Forgiveness comes from a compassionate heart. Were able to find strength to forgive ourselves and other people. Retaliation and

violence are often the consequence of a lack of forgiveness. A forgiving attitude gives us serenity.

## HONESTY AND INTEGRITY

Being dependable gives us dignity and faith in ourselves. We can be honest without hurting the feelings of other people. Honesty is what we do when no one is watching in addition to when other people are present. Integrity includes honesty and requires adhering to our values and morals. People of integrity do not compromise their principles for money, comfort, or quick results. Integrity demands courage and the strength of one's convictions. This individual serves as an admirable example for other people.

## INTERPERSONAL SKILLS

Positive relationships revitalize us. Relating easily with other people decreases feelings of solitude. Perceiving the beneficial qualities in other people and showing appreciation are keys to having better relationships. Listening to other people is one way to let them know they are important to us.

As our ability to listen and communicate improves, so does our strength in building successful relationships. Though we may disagree with somebody, we can select words that show regard for that individual's viewpoint. Learning to relate effectively with other people is a skill that can be developed.

## LOVE