

"Don't Worry be Happy"

STATISTICS ON WORRY

Only 8 percent of our worries are actually over legitimate troubles.

Dr. Walter Cavert did a study of the things we worry about. He discovered that:

40 percent of the things we worry about never happen,

30 percent of our worries concern the past,

12 percent of our worries are needless worries about our health,

10 percent of our worries are insignificant or petty (things that will really not make much of a difference in our lives one way or another)



Tammy Taylor, CEO, Tammy Taylor Nails

We have spent 92 percent of our emotional energies over things that won't happen or things we can't change.

TRUE or FALSE?

Worry helps me cope with things (False)

If I keep worrying bad things will not happen to me ... (False)

Worry helps me solve problems (False)

If I worry I will be motivated to do things (False)

Worry prepares me for anything (False)

Worry will ruin my life (TRUE)

Worry will rob my joy (TRUE)

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Shake It Off and Step Up

A parable is told of a farmer who owned an old mule. The mule fell into the farmer's well. The farmer heard the mule 'braying' -- or whatever mules do when they fall into wells. After carefully assessing the situation, the farmer felt sorry for the mule, but decided that neither the mule nor the well was worth saving. Instead, he called his neighbors together and told them what had happened and asked them to help haul dirt to bury the old mule in the well and put him out of his misery.

Initially, the old mule was hysterical! But as the farmer and his neighbors continued shoveling and the dirt hit his back, a thought struck him. It suddenly dawned on him that every time a shovel load of dirt landed on his back: he should shake it off and step up! This is what the old mule did, blow after blow.

"Shake it off and step up... shake it off and step up... shake it off and step up!" He repeated to encourage himself. No matter how painful the blows, or distressing the situation seemed, the old mule fought "panic" and just kept right on shaking it off and stepping up!

You guessed it! It wasn't long before the old mule, battered and exhausted, stepped triumphantly over the wall of that well! What seemed like it would bury him, actually ended up blessing him. And, all because of the manner in which he handled his adversity.

"If this mule can do it, I know we can do it. Instead of worrying about something, turn it into POSITIVE ACTION for change; by changing the way we look at the situation, we can change the way we react."

Below is a common vicious cycle that happens when we worry, and, as you can see the more we worry the worse it gets; **so the only solution is break the cycle and stop worrying!**

WORRY CYCLE

Money Problems = WORRY = Bad attitude at work = Less Money = Money problems = WORRY = Bad attitude at work = Less Money and so on and so on.....!!

Worry makes us tired; and have you ever tried to make good decisions, have patience with other people or get motivated to do something when you are tired; it is almost impossible.

How Can we turn our worries into a POSITIVE ACTION?

Let's stop worrying 92% of the time over things that won't happen or things we cannot change. Then we are not tired, and we can get motivated to make the POSITIVE changes that we need today.

The **POSITIVE ACTION** we take today, will help take care of most of the worries for tomorrow..

Below are 3 worries for tomorrow that you can solve today, just by starting a POSITIVE ACTION:

- Worry #1

I don't know if I will have enough clients next week to pay my rent.

POSITIVE ACTION TODAY:

PROMOTE, Promote, Promote...

Plant your seeds today, and you will have a beautiful garden tomorrow. Promoting your business is like planting seeds; it seems like you are not doing anything productive but getting dirty while you are doing it, because there is no instant gratification; but when you see your garden blooming (your clientele growing), you will know how productive you really were.

Plant your seeds by passing out 20 flyers, or brochures, or business cards this week, and give away 10 free full-sets to people who work in the service industry who can REFER you clients.

- Worry #2

I am not doing good enough nails to get a better job in a high end Salon.

POSITIVE ACTION TODAY:

PRACTICE, Practice, Practice...

Practice is like watering your garden; again it seems like you are doing nothing productive because there is no instant gratification; But when you start seeing those beautiful nails start blooming, you will know how productive you were.

Start practicing on your Practice Sheet, and do 100 practice nails today; Watch 30 minutes of one of your favorite Tammy Taylor videos; Then do 10 free sets of nails and include their first 2 fill-ins until you feel confident.

- Worry #3

With the economy like it is; will my clients stop getting their nails done?

POSITIVE ACTION TODAY:

INCENTIVE PROGRAMS, Incentive, Incentive...

Give your clients, "refer a friend" incentives; this is like little bees pollinating your garden; your clients are the little bees telling all their friends, so you will continue to have a beautiful garden.

Post a letter at your station and let every one of your clients know you are doing a client referral incentive program.

Give each client who refers you a client a discount on their next service, or a free pedicure when they get their nails done.

You can't wring your hands and roll up your sleeves at the same time.

-Pat Schroeder

Don't Worry, be Happy and have a wonderful Easter with your family and friends.

With love,

Tammy Taylor

P.S.

Worry is nothing new to our generation; it has been around 1000's of years.

One of my favorite verses, that helps keep worry in perspective is:

Matthew 6:34 (NIV)

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Author: Jesus



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