

Volume 6 – Business Edition

## Why Worry? Using Thoughts to Your Advantage

The news of yet another economic slowdown has many business leaders worrying about the fate of product launches, growth plans, even the survival of their companies. CEO's and managers ask me, "If I worry, or focus too much on what could go wrong, is that the reality I create?"

What's wrong with worrying?

When "worry thoughts" occupy our minds, we let negative thinking determine our future. Besides adversely affecting our health and relationships, worry keeps us focused on what we don't want. When we worry, our brains are actually in a state of "fight, flight or freeze," incapable of determining what we want or being receptive to creative ideas on what to do next.

Let's be clear. Calmly acknowledging or observing what is, or what could possibly go wrong, is very different than worrying and focusing *only* on what could go wrong.

The first step to break free from worrying is to become aware of how I am feeling. Is my heart rate elevated? My neck or gut tight? My forehead furrowed? Using feelings as key indicators, I notice that when I worry, I don't feel right and when I think powerfully, I feel at peace and inspired.

### How to Transform Worry

What we think is a matter of choice. So when we worry, we always have the choice to pause, and choose thoughts that deactivate "fight, flight and freeze" worry thoughts and move us in a direction that serves our purpose. The next time you catch yourself worrying, try this:

- Notice that you have slipped into a "fight, flight, or freeze" mode.
- Name your thoughts to separate you and what you want from your negative thoughts. For example, "There go my worry thoughts," or "Here come my scared-out-of-my-mind thoughts, again."
- Exhale as much as you can and take a deep breath.
- Ask yourself, "How can I make a difference in this moment? What can I create in this moment? What can I think, say or do right now for the greater good?" (The greater good can be the example you are setting, the culture you want to create, the development of your employees, the relationship you want to strengthen or the short- and long-term well being of the company. When you ask the question, an answer of vision and purpose comes to you.)
- Re-invoke the state of wonder. Ask yourself questions that bring about wonder and possibility: If I could change the situation, what could it look like? How can I be prepared? If something has gone wrong, what can I do to fix it? How can I stay on course? How can I change the course? How can I be of highest and best service to my customers, suppliers, employees and investors?




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A WAY OF LIVING TO ACHIEVE PERSONAL AND BUSINESS SUCCESS™

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Gentle Reminder



Brought to you by Managing Thought as a gentle reminder about the power of focused thinking to help you achieve long-lasting success in work and life.

Even in the most difficult times, powerful thoughts keep us in a state of vision and possibility, moving us in the direction of who we wish to become and what we wish to create. When we practice managing our thoughts, we are at peace and inspired. It is then that the ideas on how to handle or transcend difficulty shine through and we know the right thing to do. It is then that we achieve significant results.

Are you using thoughts to your advantage?

For more on this, you can watch a 5 minute video on how to resist negative thoughts <http://youtu.be/qzwkGskvQV4> or read or listen to the Forward Thinking™ Reminder: Thinking Powerfully <http://tinyurl.com/26ncr6x>.

If you'd like to help Mary teach millions of people how to change their thoughts and their lives, go to [www.managingthought.com/PBSPLedgeSpecial](http://www.managingthought.com/PBSPLedgeSpecial).

May you achieve long-lasting personal and business success!

MANAGING THOUGHT

Mary

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*Mary J. Lore is the founder and president of Managing Thought, LLC, which helps individuals and organizations develop self-awareness and change how they think and conduct business to attain long-lasting success. She is an internationally recognized leader, public speaker, executive mentor, and author of the award-winning book [Managing Thought: Think Differently. Think Powerfully. Achieve New Levels of Success.](#) and audio book [Managing Thought: How Do Your Thoughts Rule Your World?](#) and [Live Workshop 2-DVD Set](#). Mary also serves as an expert resource for Vistage International, also known as TEC, the world's preeminent organization for the personal and professional development of CEOs. Information on blogs, books, keynotes, workshops, DVDs, coaching, e-columns, podcasts, and on-line tools can be found at [www.managingthought.com](http://www.managingthought.com).*