



## daily GOOD

How much pain they have cost us, the evils which have never happened.  
--Thomas Jefferson

### Life Without Worry

It keeps us up at night. Weighs our shoulders down. Hangs over us in clouds of doubt and furrowed eyebrows. Worry. There's nothing appealing about it, yet many of us find our minds entangled in self-doubt, uncertainty, and grappling with unknowns. But for Akaya Windwood, worry is a thing of the past. A few years ago, after her sister was diagnosed with Multiple Sclerosis, Windwood made the decision to stop worrying. "I began to understand that it was a habit of my mind... But it wasn't enough to just not worry; I needed to replace the habit of worry with something else, and I chose trust." Looking back, her decision not to worry has freed her to be an increasingly creative, inspired, and effective leader. With a clearer head, challenges become opportunities, and fear falls off the wayside.

### Be The Change:

Embrace life's unknowns: Make a note of each worry as it arises, and replace it with an alternative emotion or act.