How to Stop Worrying and Be Happier

"Don't worry, be happy!" If only it was as easy as Bobby McFerrin's classic song suggests. Worry can leave you feeling anxious, discouraged, and depressed. It can drain you of your enthusiasm, confidence, and energy.

Worst of all, worrying keeps you constantly focused on your problems and what you don't want to happen. Not exactly the formula for happiness and success! So, how can you stop worrying and have a happier life? Here are a few simple yet powerful secrets.

1. Don't let your worries and concerns swirl around and around in your head. Write them all down and then brainstorm several solutions to each one. Keep concentrating on the solutions rather than just the problems.

2. Instead of dwelling on everything that is wrong, start dwelling more on everything that is right. Make a list of what is working in your life, all the positives, and all the strengths, talents, and abilities you have to overcome any challenge. Read your list several times a day—more often if needed!

3. Focus on what you really, really want. Clearly imagine your hopes, dreams, and goals, and then write them down in vivid detail. Display your exciting goals where you can see them often, especially when you start to worry about all the things you don't want!

4. Make a step-by-step plan for achieving those goals, and take action on one small step immediately. Then do something—anything—every day that moves you closer to your goals. As the old proverb proclaims, "Action is worry's worst enemy."

Stay focused on your hopes, dreams, and all that is positive. Then get started right now creating more of what you want in life. Soon you will be way too busy to worry!

"I have lived a long life and had many troubles, most of which never happened."
Mark Twain