

Handling Worry and Fear

Waking Up Worried

Waking up worried is a common problem for me. My eyes are barely opened, I haven't yet stumbled down the hall to rouse my sweet-smelling (still, at nine, if you can believe it) fella from his bed so he can start grumbling about getting ready for school, but I'm already ranting in my head about what I'm not going to have time to do today. Not a motivational rant like me's finest moment.

So today, I've decided no guilt. No worries. No anything but work. Haven't got time for it, haven't got the patience. And don't really have much nerve left for the fall out. So, I'm working under the assumption that I will finish this book on time, and all I have to do today is jump into the stream and let the flow take me to the finish line.

Of course I'll get to my allotted page count by the time the bus rolls up to give me back my son. Of course it will feel great doing all that work. Why wouldn't it, unless I'm determined to worry myself into being unhappy... not a chance!!