

Two Things Not to Worry About

In my life, I have found there are two things about which I should never worry. First, I shouldn't worry about the things I can't change. If I can't change them, worry is certainly most foolish and useless. Second, I shouldn't worry about the things I can change. If I can change them, then taking action will accomplish far more than wasting my energies in worry. Besides, it is my belief that, 9 times out of 10, worrying about something does more danger than the thing itself. Give worry its rightful place- out of your life.

Source Unknown