

The person who knows "how" will always have a job. The person who know "why" will always be the boss.

Diane Ravitch

DIAMONDBACK CONSULTING INC



A Service Disabled Veteran Owned Small Business

The Memphis Gentleman and the Young Marine, Part 2

In the last newsletter we talked about the day I met the Memphis Gentleman. Part one of the article talked about the great wisdom he gave me. We talked about worry and a reliable estimate on the general things people worry about:

- Things that never happen: 40%
- Things that happened in the past and cannot be changed: 30%
- Needless worries about health: 12%
- Petty miscellaneous worries: 10%
- Real legitimate worries: 8%

Ninety-two percent of what people worry about never happens, cannot be changed, or are needless petty worries. Now of the eight percent of the real legitimate worry this can be broken down into two types of problems. Those problems that can be solved and those that can not be solved. In general, 95% of the real problems we have can be solved. The article ended with the question of how we can use this information to change our lives?

First off, we can stop worrying about 92% of the things that we allow to bother us. By freeing up our minds to concentrate on the things we can really solve we immediately improve our state of mind. Worrying causes fear and fear in turn causes a person to stop working on solving the problem at hand. By giving power to needless worry you in actuality cede control over your actions and your life. We are the ones who control our lives and making a conscience decision not to worry is a way to gain control of the situation.

When you worry about problems you spend time and energy needlessly. Instead of worrying about thing you cannot change why not use your energy and time to resolve problem? Worry breeds fear and fear is paralyzing.

What good is it to worry? What does it solve? The time spent worrying would be better spent if you took all of that energy and used it instead to resolve the problem. Turn your worry into action instead of fear and inaction.

Contrary to the popular myth of multi-tasking, a person can only think and do one thing at a time. So, if you have a choice between worry and action let's choose action. Do not waste your time on something as negative and unproductive as worry.

As we have stated, about 92% of all worry is useless, it robs us of our time, and impacts our health and mental well being. We can control what we worry about and decide what we will do about the problem.

A problem is nothing more then a challenge and the only power it has is the power you decide to give it. We, as Americans have shown over and over we can solve any problem we face.

At 47 I am still not as learned as the Memphis Gentleman I met in 1986. While I have grown wiser since that hot July day I hope that one day I will possess the same wisdom of my Memphis Gentleman friend. Until then I will work on becoming successful by overcoming the real problems of life and to continue to live my life free of fear, have a good family, and surround myself with lots of friends.

Maybe one day I can pay the Memphis Gentleman back by giving some good pearls of wisdom to some young person so they can go forward.

In my next newsletter I will talk about the time we all have and how many hours we have that are our discretionary hours to use as we want. You may be surprised how many hidden hours you really have.

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