

We all procrastinate in some place in our lives and generally we are critical of ourselves for doing it.

Now you can harness the tenacity of the procrastination habit and make your life better at the same time.

Simply apply it to the habit of worrying. Whenever you start to worry, just say to yourself, "I will worry later when I have some solid evidence that I need to worry. Until then I will postpone my worry and do it later."

That's it. Put your worry off till later. We all know how easy it can be to postpone something. Simply apply that trait to the habit of worrying.

I'm a little worried that this column is a mite too short. However.....

Till next time,

Pete