

We know that it's the lowest-vibe monkey brain driving the tendency to create mountains out of molehills, and we know too that it's the habit of thought that helps create the hand-wringing situation.

There are tactics galore to help yourself out of this intensity and we talked a lot about them this week:

- Thought Ladders.
- Recognizing our need to live in the present ("the dash").
- Stopping inflammatory thinking by understanding that you cannot build the life you want by simultaneously burning it down.

We also talked about being a seeker of wisdom, and not just a container of knowledge.

So let's put a fine point on the subject and end with two specific questions you can ask yourself that will stop you from mountain-making:

1. Does this really matter?

I don't mean trivializing or dismissing the issue, but sincerely questioning its importance in the grand scheme of things.

2. Will it matter in a week or a year from now?

Will it pass, or will it make a lasting impact?

You can also use the Why Framework - keep asking WHY until you get to the heart of the matter.

Use as many means as you can:

- Write (journal and write out your goals)
- Speak to yourself, your Body Clutter Buddy, and leave yourself voice memos--that is create them on your phone, address yourself by name (important--your brain knows your name & it helps that connection), and play them back. It's powerful hearing yourself speak to yourself about what you truly want!
- Remind yourself constantly (write things down on 3x5 cards, use your name, put your Quote Deck somewhere visible)

Remember, worrying and catastrophizing don't lead to a solution - it just focuses your attention on the PROBLEM. Solutions will make themselves known if you're willing to allow for them.