

Let's be honest, nobody likes uncertainty, and yet it is very much a part of life...

...the pandemic

...a car accident

...waiting in line or waiting for your dentist or doctor

...a new diagnosis

...a status change in a relationship

All of these examples you have either lived with, bemoaned, or have friends who have.

Big things, small things, uncertainty is a fact of life and part of the human equation.

The problem is DWELLING on them.

Robin Sharma said that what we think about expands, and what we dwell upon becomes our destiny.

Obviously, dwelling in the Land of Uncertainty is a surefire way to feel bad, anxious, stressed out, and have bouts of HWS! (Hand-Wringing Syndrome)

But how do you stop this, especially if it's a time-wasting habit?

1. Let it go - if you can't control it, what's the point?
2. Feel the feels - evaluate them. What do they point to? Are they pertinent or oh so yesterday? Deal with them in your own unique way but also recognize the need to move on.
3. Redirect! Like a toddler or puppy!
4. Focus on your hot desire - I'm pretty sure "uncertainty" isn't it!
5. Remember RISKS are rewarded - the amygdala will give you the feel-goodness you want.
6. Have the Cowardly Lions Courage. Fear and uncertainty are BFFs, but "Courage is the price that life exacts for granting peace." (Amelia Earhart)
7. Use the Experience File, one of the most effective tools in your toolbox to help you move on and move past.