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### ROADBLOCKS TO FRUSTRATION

1. Do you worry after you have made a decision? Worry at times has validity. Explore your options. Make up your mind, and once you have made your decision, reach out for the goal and fight for it. Then stop worrying about your decision!
2. Do you worry about today, yesterday and tomorrow? It takes a conscious effort to avoid the habit of worry.
3. Do you try to do too many things at one time? Don't spread yourself too thin. Carefully select your goals, accept your limitations. Set goals you can achieve.
4. Do you wrestle with problems all day? If something defies solution -- sleep ON it, not WITH it.
5. Do you refuse to relax? If you toss and turn on your pillow, counting sheep --- stop counting! Get your sleep and attack your new day in the morning.

#### HERE ARE FOUR STEPS TO RELAXATION:

1. Forgive others. Forgiveness should have no strings attached.
2. Forgive yourself. Realize your capacity for error, but also your capacity for rising above it through forgiveness.
3. See yourself at your best -- as a person of confidence, not as a person of frustration. You must make that decision. No one can make it for you.
4. Keep up with yourself. Don't try to live up to someone else's expectation of you.

From THE CONQUEST OF FRUSTRATION  
Maxwell Maltz, M.D.  
Read by Ken Haystead  
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