



Worry: Choosing Tenants Wisely for the Real Estate in Your Head by award-winning author / stress-relief expert Susie Mantell

"A man should keep his little brain attic stocked with all the furniture that he is likely to need, and the rest he can put away in the lumber room of his library, where he can get it if he wants it." -Sir Arthur Conan Doyle

Imagine your mind as a large building divided into rental spaces. Take a moment to choose decor, architecture, building materials. Does it sprawl, or soar skyward? Visualize rooms of varying sizes and shapes, each representing a subject about which you spend time thinking, worrying, daydreaming or wishing. Some tenants hold lifelong leases, but others fill spaces for which you have total discretion. As landlord, you may invite them to renew, or if they raise a racket and disturb the neighborhood, evict them.

1. I often *worry* about _____
- This worry has been on my mind for how long? _____
- I have spent approximately _____ hrs.of my life thinking about this one thing.
- If I released this worry for just one hour, I would feel less: _____
- I would have more energy to: _____

2. I *enjoy planning and thinking* about _____
- I haven't taken time to plan this in how long? _____
- I have spent approximately _____ hrs.of my life wishing for this one thing.
- If I allowed myself to plan this just for this one hour, I would feel less: _____
- I might even be able to: _____

3. I *enjoy learning* about _____
- I haven't read or learned more about that in how long? _____
- I have spent approximately _____ hrs.of my life wishing I knew more about this. _____
- If I read about this subject for just one hour, I would feel more: _____
- That knowledge would make me feel: _____

4. This exercise showed me _____
- This week I am going to _____
- I think that will help me to: _____

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