



PROFILE OF A PRODUCTIVITY KILLER: WORRY



PERCEIVED ADVANTAGES...

- Helps predict negative outcomes so you can avoid them
- Shows people you care
- Are these really the advantages that we think they are?



THE PROCESS

Worry is a pool of endless negative possibilities. It's hard to know when to stop swimming and get to work, already!



1. A POTENTIAL THREAT APPEARS
2. WHAT IF.....
3. IMAGINE SCENARIO
4. IMAGINE SOLUTION
5. SOLUTION FAILS
6. INCREASE WORRY AND LOOP BACK TO #2

THE RESULTS

- We forget that we have in the moment coping skills.
- We lose touch with our self confidence.
- We're so busy avoiding pain that we build pathways in our brains that lead to stress related diseases. Which are... quite painful. Ironic, no?

**NINJA NOTE: ZEBRAS DON'T GET ULCERS.
CAN YOU GUESS WHY, GRASSHOPPER?**

