



ROA (return on anxiety)

It's fascinating how much time we spend worrying about (a) things that MIGHT happen (but probably won't) and (b) things that are completely out of our control. One of our favorite metrics is ROA: the "return" we get from anxiety in relation to what it costs us.

Before you initiate your worry cycle, consider calculating the return on the anxiety you experience about things in your life that you can't control and can't change. The hours of precious sleep you lose in worrying, ruminating, and stressing about things that *might* happen. The swirl you're creating for others. Did any of that time and effort immersed in anxiety yield **any** positive results for you? Or was it a negative return on investment?

Holding onto anger is like drinking poison and expecting the other person to die.

Buddha

try this

Today, when you notice yourself worrying, pause and take a moment to ask yourself:

- Is worrying about this going to improve the outcome? (If not, really, what's the point?)
- Will I even remember this one year from now?
- Is my anxiety worth the damage to my mental and physical health?
- Is the focus of my fear something that's in my control?

There is almost **no value** in your life that comes from worry or anger. Give yourself permission to let go. How events unfold is rarely affected by whether you worry about them or not.