

September 2009

# Two-Minute Drill



*John Baker is a nationally recognized speaker, consultant, and award-winning author with over 25 years of executive experience. His READY Thinking principles have helped thousands win when confronted by change. Contact John at [www.readythinking.com](http://www.readythinking.com).*

## Tragedy: Out of My Control

Cormac McCarthy's unnervingly bleak Pulitzer Prize winning novel, *The Road*, describes the bond between a man and his son during a doom-laden odyssey in post-apocalyptic America. Margaret Mitchell's Pulitzer Prize winning novel, *Gone with The Wind*, chronicles the utter chaos and sweeping ruin that await the South in post civil war America.

Not the light summer beach reading material I was hoping for. My advice: don't read these two novels one right after the other.

Sweeping, omnipresent, heartbreaking, wrenching tragedy. It has been part of literature since the ancient Greeks. Some 2,500 years ago Sophocles wrote his dizzying tragedies *Oedipus the King* and *Antigone* as an examination of man's role in determining his own destiny.

Are we nothing more than twigs in the foaming rapids, bouncing from rock to rock waiting to tumble over the falls? Or, do we have control over our lives?

Do we have self-determination? How much of life do we forge ourselves and how much is in the hands of fate?

The question for us even today is, "What should we be concerned about, and what is nothing but wasted worry?"

Consider the proverb, *"Worry often gives a small thing a big shadow."*

There is a difference between a worry and a concern. A worried person broods on a problem. A concerned person solves the problem.

### Ask yourself:

What are the things I worry about that are out of my control?

What are the things I am concerned about that I can influence or solve?

If I eliminated the time spent on worrying, how much more time would I have to solve my concerns?