



November 30, 2023

If you celebrate, I hope you had a wonderful Thanksgiving break!

I sure did. This year, my husband, son, and I had a lovely trip visiting with my in-laws. It was a fantastic time filled with lots of laughs, tons of football and basketball viewing, and so... much... pie. 🥧 😊

As the long weekend wound down, we anticipated a long drive back to New Jersey, so we decided to return home on Saturday to beat the inevitable Sunday traffic.

Yet, even with our brilliant move returning a day early, as we drove, we watched our Waze with anxiety and panic as the route kept changing and the ETA kept expanding.

What is typically a 4-hour drive kept getting longer... and longer... and longer. 🙄

My husband was getting impatient.

I was getting antsy.

All I could think about were all the things we had to accomplish before our work and school weeks were to start on Monday.

My Worry Monster 🧟 took over.

It was looking less and less likely that the things I had planned to accomplish upon getting home on Saturday were going to happen.

My carefully laid plans were thwarted, and anxiety continued to creep in.

In an effort to reclaim a sense of calm, I flipped through the Sirius XM stations, attempting to land on a song my husband and I could agree on and enjoy (trust me, this is not as easy as it sounds).

After a while, it actually happened.

I stopped on Tom Petty Radio.

“Crawling Back to You” started playing, and as we listened to this beautiful, haunting song, I got to hear one of my favorite lyrics of all time:

“Most things I worry about / Never happen anyway”

Tom, in all his wisdom, gave us a reminder.



There's little point in worrying about the things that are out of our control.

My husband and I couldn't control the traffic, so instead, we enjoyed a few hours of satellite radio karaoke.

(Okay, okay. I sang solo 🎤 along to my favorite songs. He listened politely. And in case you think I forgot about him, our son sat in the backseat with his noise canceling headphones, watching the Nets game on his phone).

The worry slowly but surely went away, replaced with fun and a renewed sense of “we'll get there when we get there. If we don't get everything done before Monday? So be it.”

It's incredible how quickly our moods shifted once we allowed ourselves to move past the worry, which wasn't serving us in the least.

By the time we got home, we chilled on the couch, watched *The Amazing Race* on our DVR, and slept incredibly well, knowing that we'd regroup on Sunday before the week officially began.

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Fast forward to just last night.

I woke up in the middle of the night, and the worry monster 🧟 tried her best to keep me awake.

Taking lessons I had learned just a few days prior on our drive, instead of letting her get the best of me, I told myself the following:

- ➔ Anything worrying me at 4am truly can't be handled at 4am, so what's the point of thinking about it now?
- ➔ Whatever is on my mind will likely feel a lot smaller when I wake up.
- ➔ "Most things I worry about never happen anyway."

And with that, a peaceful slumber was regained.

The next time you feel your worries getting the best of you, what can you tell yourself to move forward? How can you focus on what's in your control, versus what is not?

Don't let the 🧟 win!

Cheers, Tracy

PS If you're looking to take some worry out of 2024, look no further! I have created a free fillable PDF that is designed to help you:

- ✅ Reflect on, learn from, and commemorate this past year
- ✅ Focus on the future, encouraging you to dream, plan, and prepare for a fulfilling journey into the upcoming year.

[Download your copy here!](#)

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Join me and hundreds of corporate leaders and insights professionals from across the media spectrum-- from streaming and technology giants to cable networks, social media, gaming and more this January.

More information can be found [here](#).

Contact me for 15% off your registration fee!

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👹 What Impostor type lives in your head, rent-free? Take this [quiz](#) to find out - and get some tools to uncover what it wants for you and how to start conquering it! 👹

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Are you an emerging or established leader looking for support? Do you long to show up as your most confident self? Do you dream of the day when leadership feels effortless? If any of this describes you, [schedule a FREE 30 minute clarity call with me here](#) and make your struggles a thing of the past!

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I offer 1:1 coaching, group coaching, team facilitation, and public speaking, and tailor offerings to the specific needs of you/your workplace. [Contact me to learn more](#).

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Looking for a way to make delegation feel less stressful and more effortless? Download my [Free Delegation Cheat Sheet](#) today!