

The World's Worst Mental Junk Foods

20 Surefire Ways to Ruin Your Health and Happiness

1. Believing the fantasy that someday you'll get caught up

That "someday" will never come. Prioritize your activities and duties, and focus on the things that are most important to you in life – starting today!

2. Getting upset when things don't turn out the way you had hoped

Things that appear to be bad often turn out to be good. So keep a positive attitude and expect that it will work out to your benefit in the end.

3. Believing you have no will power

Like a muscle, will power must be exercised or it grows weak and flabby. Don't slide downhill under the weight of your bad habits. Start using your will power to create the life of your dreams and watch its mighty power grow!

4. Griping about things you cannot control, such as the weather and everyday hassles

This sneaky little habit can keep you in a negative state of mind every day of your life. Avoid the urge to indulge in this tempting but dangerous mental junk food!

5. Feeling guilty if you're not always doing something

Don't get caught up in the endless hustle and bustle that surrounds us all. Take time for relaxation and contemplation if you want to experience the peace and joy that are your true nature.

6. Watching violent, crude, or negative television shows or movies

A foolproof way to keep your mind filled with negative thoughts and emotions, which robs you of your peace and joy.

7. **Believing that fame, wealth or power can make you happy**

True, lasting happiness comes from within, plain and simple. You can be happy in a hut or miserable in a mansion.

8. **Constantly worrying about the future**

Worry poisons your body and mind. Worry never solves the problem – it just increases your stress level and robs you of confidence and hope. Learn to grab hold of your mind and replace the negative thoughts with positive ones.

9. **Blaming someone else or your circumstances for how you feel**

No one can make you feel angry, fearful or sad. If you feel bad about something, the truth is you allowed that person or situation to upset your composure. You can choose to be happy no matter what happens.

10. **Re-living painful experiences over and over again**

Learn to stop replaying the mental tape of mistakes you made or unpleasant situations you experienced. Train your mind to stay in the present moment, and keep it busy by repeating a positive affirmation.

11. **Fostering strong likes and dislikes that keep you constantly stirred up**

Get off the emotional rollercoaster by realizing you can change your attitude about anything. Choose to be content in all circumstances.

12. **Reading frivolous, trashy or negative books and magazines**

Watch out for this tasty mental junk food! These seemingly harmless “empty calories” waste time that could be better spent on more important things and can weigh you down with their negative slant.

13. **Reacting to circumstances emotionally out of habit**

In every situation, you are free to choose your response. Remain calm and try to look at the situation impersonally before deciding how to react. Don't automatically respond with fear or anger just because it's easier to do what you've always done.

14. Focusing on being broke, overweight, lonely, or anything else you **don't** want

If you do, you'll just get more of the same. Reverse course immediately and focus on what you **do** want.

15. Believing that you can't change because "this is just the way I am."

Wrong! If you **want** to change and put the force of your will power behind your desire, you **will** change.

16. Judging your circumstances, yourself, and other people

Circumstances are neutral – it is our reaction to them that determines whether we interpret them as positive or negative. Banish the tendency to respond to difficulties with fear, anger or discouragement. Reclaim your power to choose a more positive response.

17. Listening continuously to the television or radio

Constant noise irritates the nervous system. Learn to enjoy a healthy snack of silence on a regular basis.

18. Demanding perfection of ourselves or others

This impossible goal leaves many accomplished people feeling worthless. Learn to be tolerant of mistakes – your own and others. How can we grow and learn new things if we expect to be perfect on our first attempt?

19. Failing to occasionally drop your worldly burdens for a while

Since you'll never get caught up no matter how hard you work, you must learn to forget about your worldly goals and responsibilities once in a while. Take at least one day a week off where you don't do or think anything related to your work. Resist the urge to constantly check email and voice mail, especially on vacations and weekends.

20. Allowing time pressure to make you frantic

Beware this epidemic of American culture! Fight the urge to do everything in a rush. Set a realistic schedule that reflects what's really important to you in life.