

3. Be genuinely grateful that your health is as good as it is. There's an old saying worth repeating often: "I felt sorry for myself because I had ragged shoes until I met a man who had no feet." Instead of complaining about "not feeling good," it's far better to be glad you are as healthy as you are. Just being grateful for the health you have is powerful vaccination against developing new aches and pains and real illness.
4. Remind yourself often, "It's better to wear out than rust out." Life is yours to enjoy. Don't waste it. Don't pass up living by thinking yourself into a hospital bed.

2. "But You've Got to Have Brains to Succeed."

Intelligence excusitis, or "I lack brains," is common. In fact, it's so common that perhaps as many as 95 percent of the people around us have it in varying degrees. Unlike most other types of excusitis, people suffering from this particular type of the malady suffer in silence. Not many people will admit openly that they think they lack adequate intelligence. Rather, they feel it deep down inside.

Most of us make two basic errors with respect to intelligence:

1. We underestimate our own brainpower.
2. We overestimate the other fellow's brainpower.

Because of these errors many people sell themselves short. They fail to tackle challenging situations because it "takes a brain." But along comes the fellow who isn't concerned about intelligence, and he gets the job.