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## **Help Your Way Out of a Slump**



**Rex Underwood won our car give away with PAR. No more slump for him!**

I stole this idea and it works!! Shame on me I don't remember who from (I heard this is what happens when you turn 50). If you are having a bad moment or day, immediately find someone in need and help them! It instantly and 100% of the time snaps you out of your funk! Simple as waiting to hold a door open, donating to someone in need. Go out of your way to say a kind word. Giving someone a lottery ticket snaps you out of your bad mood 100% of the time! I'm not talking later in the week or a month from now. I'm talking the very next instance!

Everyone gets in a bad mood, but the real difference is how fast you get out of that bad mood! It's totally up to you how quick you are back to normal. Can you imagine being a doctor and prescribing this antidepressant that works every time without any side effects like this one little trick? I believe habits both good ones and bad ones define your destiny.

Therefore, I have developed the habit of recognizing early when I'm in a funk and correcting it right away by being charitable to someone less fortunate the second my mood goes negative. Think about it. If you had treatable cancer would you want to remove it the second it appeared in your body or would you want to wait awhile and let it grow and fester? Then why be in a bad mood a second longer than you have to? You control you, so choose to get out of your slump right away, not some other day.