

— The antidote



Overthinking is thought to be a disease.

It's not.

It's a symptom.

Excessively figuring things out is thought to be a disease.

It's not.

It's a symptom.

Fear is the disease.

And intentionally dealing with fear is the cure.

Dealing with fear requires two things:

1. Significant confront.
2. Doing the necessary required actions to achieve your intended outcomes.

It's simple, not always easy, but simple.

Do what matters or continue to lose.

— **Dusan Djukich**