Don’t Worry. Be Here For Good

Like WyoDems have learned over the past several years (decades?), one of the best ways to stop worrying is to, simply, act.

No matter what happens on Election Day, there is good work to be done. If you are worried taking action will put you at risk, your local County Democratic Party will surely be a safe place for you. There is much to be done, even for introverts!

Maybe the video below will motivate you. Perhaps it will rub you the wrong way. These things can be very personal. Still, I hope everyone reading this has the opportunity to watch the video and seriously consider Adam’s words.

I worry a lot. I overthink things a lot; which is just another way of saying “I don’t know”. If you find yourself worrying today, or tomorrow, about the future, please get in touch and let’s talk about some ways we can get ourselves off the metaphorical couch and be here for good.

Have a great Election Day, and I’ll see you on the other side.

–Greg

Adam Conover