

Out of my control



MY SPHERE OF CONTROL

In my control



What other people do
The future

What other people say

Things from the past

How other people feel

Other peoples choices

The stock market

The weather



My actions

How I treat others

How I handle my feelings

Whether or not I follow rules

How I take care of myself

The amount of effort I put in

My decisions

My words

I CHOOSE TO FOCUS ON WHAT I CAN CONTROL