

Things I ~~CAN~~ NOT Control

and can work at letting go



Things I ~~CAN~~ Control

and will work to focus on

Things I CANNOT Control

and can work at letting go

Other people following the rules of social distancing

My children's behaviours

Peoples negative comments on social media

Availability of supplies at the store

Things I CAN Control

and will work to focus on

How long will this last

My own actions

How I speak to my family

My ATTITUDE

What I put on social media

How I spend my time at home

How I follow the rules of social distancing

The actions of others