

OUT OF MY CONTROL

The actions of others

The outcome of my efforts

The Past

The Future

IN MY CONTROL

The goals I set

My thoughts & actions

What I give my energy to

How I speak to myself

How effectively I invest my time in present

How I handle challenges

How I spend my free time

How I take care of myself

My boundaries

The opinions of others

How other take care themselves

What happens around me

What other people think of me