MY CIRCLE OF CONTROL

I WILL FOCUS ON WHAT I CAN CONTROL

THINGS THAT ARE IN MY CONTROL

- The amount of effort I put in
- My words
- My actions
- How I treat others
- Whether or not I follow rules
- How I handle my feelings
- My decisions
- How I take care of myself

THINGS THAT ARE OUT OF MY CONTROL

- What other people do
- Things from the past
- Other people's choices
- What other people say
- How other people feel
- The weather