

OUT OF MY CONTROL

IN MY CONTROL

My thoughts

What I give my energy to

Being present in the moment

My actions

My decisions

My words

How I allow others actions to impact me

How I move on failure

How I spend my free time

My boundaries

How I speak to myself

Other people's boundaries

How other's feel

The future

What other people think of me

The actions of others

Past mistakes

My mindset

The opinions of others

What happens around me