

My Boundaries

My Words

My Thoughts

## *What Is in my Control?*

My Reactions

Things to focus my time and energy on

My Emotions

My Effort

My Behavior

My Choices

The Past

Other People's Thoughts

The Weather

## *What Is Not in my Control?*

Other People's Emotions

Things to not focus my time and energy on

Other People's Behaviors

The Media

The World

Other People's Choices