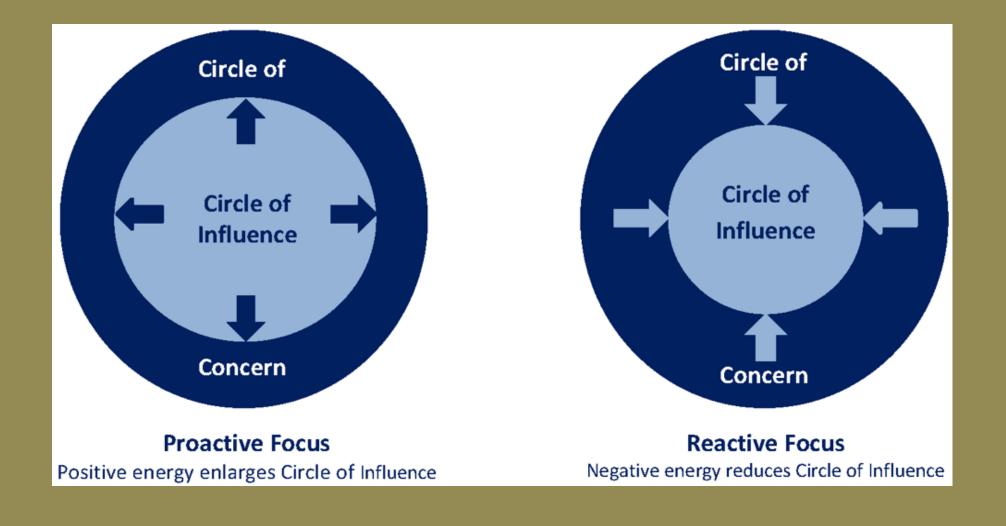
OUR FOCUS EITHER INCREASES OF DECREASES OUR INFLUENCE





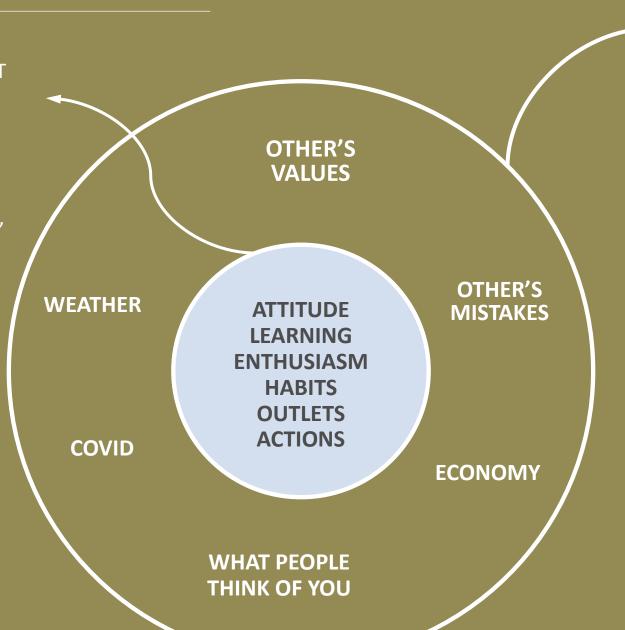
WHAT'S THE DIFFERENCE?

DECISIONS DETERMINE LIFE, NOT CONDITION

TIME SPENT ON WHAT WE CAN INFLUENCE

CAN'T CONTROL THE SITUATION, CAN CONTROL OUR REACTION

"What can I do"



STRESS MOOD LACK OF ACTION

TIME SPENT WORRYING /
DISCUSSING
UNCONTROLLABLES

"What did they do"



ACTIVITY

Reflect on a current challenge.

What is outside of your circle of influence?

What are you going to do differently in response?

