



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?

