

In vs. Out of Control

This graphic will remind you what is in or out of your control.

What's in your control is: what you choose to think and what you choose to do.

What's out of your control is: everything and everyone else.

As you move toward feeling less stressed and overwhelmed, it's important to only focus on what is in your control.



In vs. Out of Control

Think about the most stressful problem you're having right now.

- 1 What is in your control within this problem?**
- 2 What is out of your control within this problem?**
- 3 When you think about letting go of everything listed in the question above, what concerns do you have?**
- 4 In order to truly solve the problem, you will need to commit to only working on items that are in your control - listed in question 2. Are you ready to do that? If not, you will continue to feel stressed and overwhelmed.**