My Circle of Control

I will focus on what I can control

Things that are in my control:
- The amount of effort I put in
- How I take care of myself
- My words
- My decisions
- My actions
- How I handle my feelings
- How I treat others
- Whether or not I follow rules

Things that are out of my control:
- What other people do
- Things from the past
- Other people’s choices
- What other people say
- How other people feel
- The weather