

what other people do

other people's opinions and beliefs

the weather

the past



THINGS I CAN CONTROL

choices I make

my words

my boundaries

my response

learning from mistakes

my thoughts

taking good, kind care of my feelings

my attitude

my beliefs and opinions

my actions

asking for help

my effort

THINGS I CAN'T CONTROL

what other people say

how other people feel

other's mistakes

what other people think