

## What You Cannot Control

- ✗ How Others Behave
- ✗ The past and future
- ✗ How Others Respond
- ✗ The Weather
- ✗ What People Think

## What You Can Control

- ★ Your Thoughts
- ★ Your Decisions
- ★ The Way You Respond
- ★ Efforts you put in
- ★ Your boundaries

