

WHAT I CAN'T CONTROL

(So, I can let go of these things.)

Past mistakes

The weather

Things I have to do

My Attitude

Learning from my mistakes

What others say

Asking for help

if I follow the rules

Taking care of myself

My effort

My Actions

Traffic

if others follow the rules

How I react

My goals

What coping strategies I use

Who my friends are

Others being kind

What others think

WHAT I CAN CONTROL

(So, I will focus on these things.)

Things I have to do

if people apologize