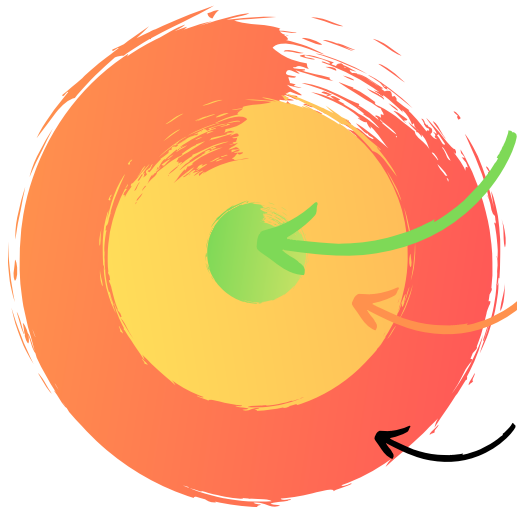


Circles of Control

Consider your difficulty and be clear where you can bring about change... What is in your control?



In your control

- How you choose to relate to your thoughts
- Behavioural choices

Some influence

eg. Health, other people's actions/emotions/views, politics, environment, the future

No control

Laws of physics, nature, weather, the past, what has already happened, everything else!

Where you put your focus matters...

How do you feel when you put your efforts where it counts?