

FIVE GUARANTEE'S YOU CAN'T CONTROL

1. *You cannot control what other people choose to think.*
2. *You cannot control what other people choose to feel.*
3. *You cannot control the weather*
4. *You cannot control what other people choose to do.*
5. *If you attempt any of the above, or any combination of the above, you will feel inadequate, frustrated, angry, and depressed.*

What you DO have control over is:

- a. What YOU think
- b. What YOU feel
- c. What YOU do
- d. How YOU choose to respond to what others directly express or do
- e. How many times YOU smile today
- f. How much effort YOU exert at work
- g. How honest YOU are
- h. How well YOU prepare
- i. How YOU act on your feelings
- j. How often YOU say "Thank You"
- k. When YOU pay for something
- l. Whether or not YOU give someone the benefit of the doubt
- m. How YOU interpret situations
- n. Whether or not YOU compete with people around you
- o. How often YOU notice and appreciate small acts of kindness
- p. Whether YOU listen or wait to talk
- q. When YOU walk away from a conversation
- r. How nice YOU are to yourself (mentally and physically)
- s. Whether YOU think negative thoughts or positive thoughts
- t. Whether or not YOU form expectations of people
- u. When YOU answer a question
- v. How much time YOU spend worrying
- w. Whether or not YOU try something new
- x. How much exercise YOU get
- y. How many times YOU think mean thoughts
- z. What books YOU read