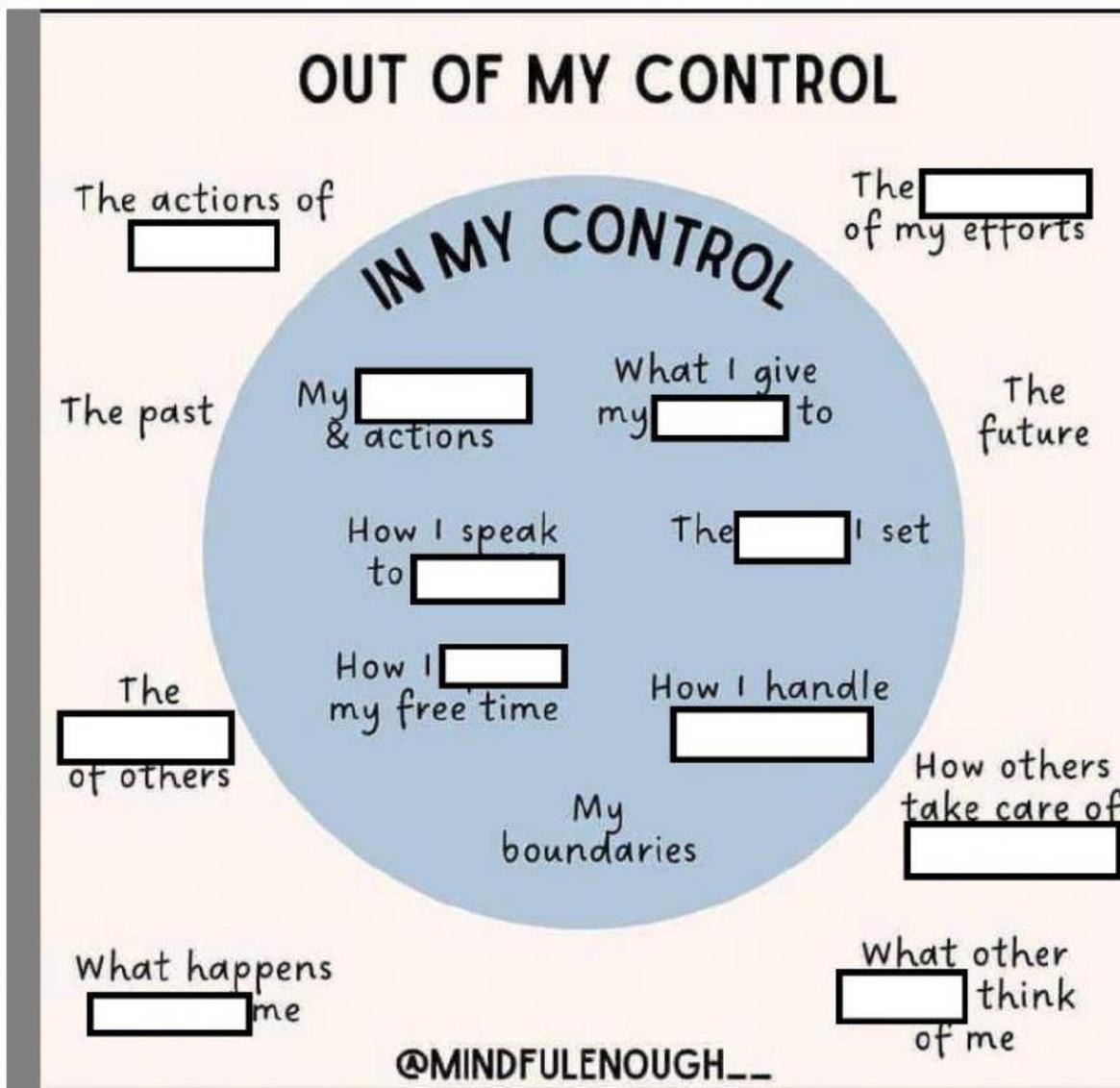


# What is in/out of my control?

Fill in the gaps – choose from the words below:

*around, challenges, energy, goals, myself, opinions, others, outcome, people, spend, themselves, thoughts*



Give some examples of things that you can affect.