

What is in/out of my control?

Fill in the gaps – choose from the words below:

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

OUT OF MY CONTROL

The actions of

The of my efforts

The past

My & actions

What I give my to

The future

How I speak to

The I set

The of others

How I my free time

How I handle

My boundaries

How others take care of

What happens me

What other think of me

@MINDFULENOUGH__

Give some examples of things that you can affect.