

I have no CONTROL over
& choose to RELEASE:

what happened
in the Past

how long
things Last

where the
Wind Blows

when I
go through
Crisis
Illness
Failure
Setback
Disaster
Rejection
Loss & Death
Disappointment

I have CONTROL over
& keep my FOCUS on:

how I Act and React

my Self-Care and Emotional State

treating others
with Grace

my Work
Ethic

how I Show Up

what I Tolerate

who I Allow In

my
Attitude

the Behavior, Judgments, Decisions,
Perceptions, Motives, & Reactions of others