WHAT CAN YOU CONTROL?

#1. How you respond to challenges.

#2. Who/when you ask for help.

#3. Practice self-discipline.

#4. The kind of attitude you have.

#5. What you focus on.

#6. How you treat others.

#7. You get to decide if the glass is half empty or half full.

#8. You are in charge of your words.

#9. How you act is up to YOU.

#10. Courage and kindness are choices.

#11. No one is in control of how you treat others but you.

#12. What goals you create for yourself.

#13. Respecting the personal space of others.

#14. When and if you forgive others.

#15. How you act.

#16. Your work ethic.

#17. If you are positive or negative.

#18. How many times you smile today.

#19. Your level of honesty.

#20. How nice you are to yourself in your head.

#21. Whether you think negative or positive thoughts.

#22. Whether or not you judge people.

#23. How quickly you try again after you fail.

#24. How deeply you breathe when you experience stress.

#25. Whether you take responsibility for your actions.