



25 things you can CONTROL

- #1 How you respond to challenges.
- #2 Who you ask for help.
- #3 WHEN YOU ASK FOR HELP.
- #4 saying you need a break.
- #5 HOW YOU ACT.
How much effort you put to something.
- #6
- #7 Getting enough sleep.
- #8 Completing your responsibilities.
- #9 Using an i-Statement.
- #10 saying what you need.
- #11 How much exercise you do.
- #12 Setting your boundaries.
- #13 Respecting the personal space of others.
- #14 When and if you forgive others.
- #15 HOW OFTEN YOU SMILE.
- #16 owning up to your mistakes.
- #17 Whether or not you accept yourself.
- #18 Whether you look for the negatives or positives.
- #19 What you focus on in this very moment.
- #20 What goals you create for yourself.
- #21 THE KIND OF ATTITUDE YOU HAVE.
- #22 How you relate to your feelings.
- #23 Whether you help someone out or not.
- #24 How you take care of and treat your body.
- #25 WHEN YOU SHOW EMPATHY.