

Control & influence.

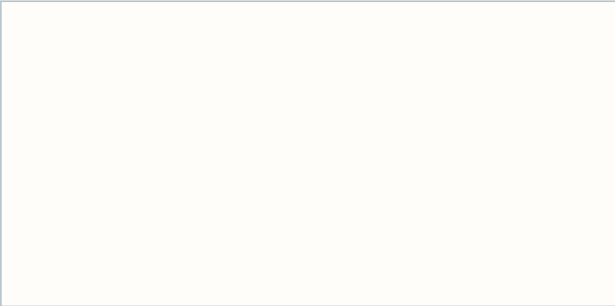
Think of one situation. Separate what you can't decide from what you can influence, then consider how you want to respond.

01

Beyond my control

The past. Other people's choices.
Exactly how things turn out.

In this situation...

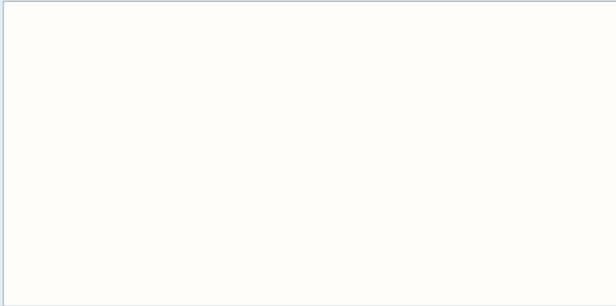


02

Within my influence

My requests, conversations and plans.
I can contribute without deciding the outcome.

In this situation...

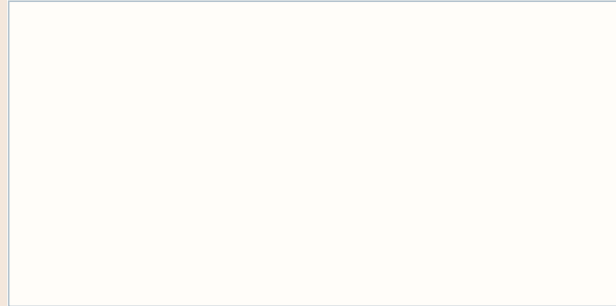


03

How I respond

Pausing. Setting boundaries. Asking for help.
Taking a small step with care.

In this situation...



We don't choose every thought or feeling. We can practise how we respond to them.

Where would it help to put my energy now?

