

Control and influence.

The illustration on the next page can help you notice where your energy is going and what you might be able to do differently.

“My beliefs & actions” refers to the beliefs we can explore and work on, and the actions we can practise. Beliefs can feel automatic and take time to change; this is not about choosing every thought or feeling that appears.

You can practise how you respond, how you speak to yourself and where you put your attention. You may influence a situation without being able to guarantee the outcome.

What I can control and what I can't

Data source: @mindfulenough | Infographic design by @agrassoblog for educational and motivational purposes

