

TOP 50 ^{things you can} CONTROL



#26 Treating others the way you want to be treated.

#27 When you listen to others.

#28 How truthful and honest you are.

#29 How much you share with others about your feelings.

#30 saying what you hope for.

#31 HOW YOU INTERPRET EVENTS.

#32 If and when you try again.

#33 Apologizing when you make a mistake.

#34 How you "talk" to yourself.

#35 If and when you try again.

#36 TREATING OTHERS WITH KINDNESS.

#37 Treating yourself with kindness.

#38 Saying please and thank you.

#39 Going outside and enjoying the fresh air.

#40 How organized or clean you are.

#41 How you hold your body (like your posture).

#42 Reminding yourself that you worthy and good enough.

#43 How you show others you care about them.

#44 Whether you "get back up" after you "fall down."

#45 When you practice gratitude.

#46 Whether or not you keep your word.

#47 What strategies you use to cope with difficult emotions.

#48 WHETHER OR NOT YOU ACCEPT THE SITUATION.

#49 Using mistakes as opportunities for learning.

#50 When you take mindful breaths.

