

Tool Sheet

WHAT I CAN AND CAN'T CONTROL

"ONE DAY SHE FINALLY GRASPED THAT UNEXPECTED THINGS WERE ALWAYS GOING TO HAPPEN IN LIFE. AND WITH THAT SHE REALISED THE ONLY CONTROL SHE HAD WAS HOW SHE CHOSE TO HANDLE THEM. SO, SHE MADE THE DECISION TO SURVIVE [AND EVEN THRIVE] USING COURAGE, HUMOUR AND GRACE. SHE WAS THE QUEEN OF HER OWN LIFE AND THE CHOICE WAS HERS"

WHAT ARE THE THINGS YOU CAN'T CONTROL? WHAT ARE THE THINGS YOU CAN CONTROL? KNOWING THE DIFFERENCE CAN BRING SUCH FREEDOM.

FOR EXAMPLE: YOU CAN'T CONTROL WHAT PEOPLE THINK ABOUT YOU OR WHAT THEY DO, BUT YOU CAN CHOOSE WHAT YOU THINK ABOUT YOU, HOW YOU'RE GOING TO VIEW AND TREAT OTHERS, YOUR REACTIONS TO WHAT OTHERS DO, HOW YOU TREAT YOURSELF ETC.

SO WHAT DO YOU NEED TO LET GO OF AND WHAT DO YOU NEED TO CHOOSE.

"IT TAKES A LOT MORE COURAGE TO LET SOMETHING GO, THAN IT DOES TO HANG ON TO IT, TRYING TO MAKE IT BETTER. LETTING GO DOESN'T MEAN IGNORING A SITUATION. LETTING GO MEANS ACCEPTING WHAT IS, EXACTLY AS IT IS, WITHOUT FEAR, RESISTANCE, OR A STRUGGLE FOR CONTROL."

WHAT I CAN'T CONTROL

WRITE A LIST OF ALL THE THINGS IN YOUR LIFE THAT YOU CAN'T CONTROL. GIVE YOURSELF PERMISSION TO LET THEM GO - LET THE PRESSURE OF TRYING TO CONTROL THEM GO. THEY ARE NOT YOURS TO CARRY. RELEASE YOURSELF.

I CAN'T CONTROL...

letting go

ONE OF THE HAPPIEST MOMENTS IN LIFE IS WHEN YOU FIND THE COURAGE TO LET GO OF WHAT YOU CAN'T CHANGE.

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WHAT I CAN CONTROL

WRITE A LIST OF ALL THE THINGS IN YOUR LIFE THAT YOU CAN CONTROL. THEN WITH EACH ONE, WRITE WHAT YOU'RE CHOOSING TO DO/SAY/THINK/FEEL. YOU GET TO CHOOSE. SOMETIMES IF WE'VE PRE-CHOSEN THE WAY WE WANT TO HANDLE SOMETHING, OR THE CHOICE WE WANT TO MAKE, WE ALREADY HAVE ONE STEP IN THE RIGHT DIRECTION. YOU CAN CHOOSE YOUR THOUGHTS, ACTIONS, WORDS, ATTITUDES, PERSPECTIVE, FOCUS ETC. **THAT'S YOUR SECRET POWER.**

**I DISCOVERED I ALWAYS HAVE CHOICES
AND SOMETIMES IT'S ONLY A CHOICE OF ATTITUDE.**

WHAT I CAN CHOOSE

MY CHOICE

A FEW EXAMPLES TO GET YOU STARTED...

- I CAN CHOOSE HOW I SEE MYSELF →

- I CAN CHOOSE HOW I SEE OTHERS →

- I CAN CHOOSE WHAT I FOCUS ON →

- I CAN CHOOSE HOW I ACT AROUND _____ →

- I CAN CHOOSE HOW I SPEAK TO OTHERS →

REWRITE THESE EXAMPLES AS YOUR OWN AND CONTINUE LISTING WHAT YOU CAN CONTROL AND WHAT YOU ARE CHOOSING.

I CAN CHOOSE...

- I CHOOSE TO SEE MYSELF AS WORTHY, VALUABLE, AND MORE THAN ENOUGH, JUST AS I AM

- I CHOOSE TO SEE OTHERS AS UNIQUE AND VALUABLE

- I CHOOSE TO FOCUS ON THE GOOD, WHAT I'M THANKFUL FOR, THE SMALL WINS

- I CHOOSE TO BE MY REAL SELF, I CHOOSE TO BE KIND, I CAN CHOOSE TO MAKE A DIFFERENCE

- I CHOOSE TO USE MY WORDS TO BUILD OTHERS UP AND ENCOURAGE THEM. TO SPEAK WITH LOVE

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WHAT I CAN AND CAN'T CONTROL

NO MATTER WHAT THE SITUATION,
REMINDE YOURSELF "I HAVE A CHOICE".

WHAT I CAN CONTROL

WHAT I CAN CHOOSE

MY CHOICE

I CAN CHOOSE...

I CHOOSE...

I'm choosing

I CAN CHOOSE TO LET IT DEFINE ME OR LET IT GO.

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