

Things You Can **CONTROL**

Your effort

Your tongue

Your thoughts

Your perspective

How kind you'll be

What you'll stand for

What you won't stand for

How you treat other people

How you treat your own self

How much time you give to worry

How much time you give to gossip

If you let them keep you down

If you stand back up again

How honest you are

Where you'll focus

Your gratefulness

Your reactions

Your attitude

Your words

The 3 R's to 'Response-ability'

So you can become someone who has a handle over the situation, *rather than the situation having you!*

Hit your internal **PAUSE** button:

Recognize

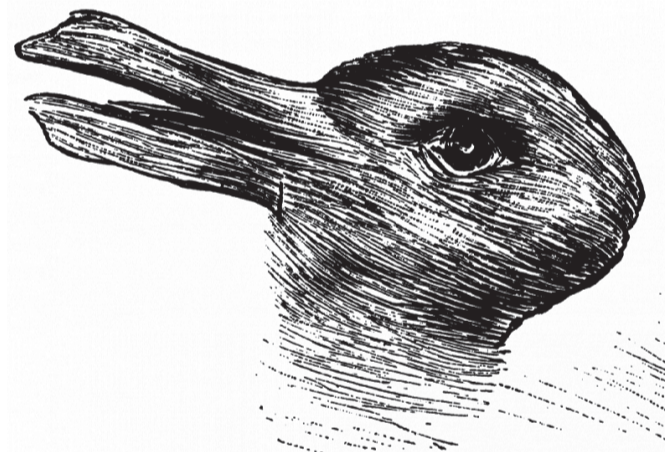
Separate facts from thoughts

Reflect

Are these thoughts useful?
Do they help me show up as my best self?

Redirect

Find that 'rabbit' by asking **empowering questions!**



What can I learn from this situation to benefit my life, or the life of someone else?

What would someone who inspires me say to me about this?

How will I think about this situation in 5 years time?
Will I even worry about it at all?

Who I can ask for further support with this?