

RESILIENCY

Resiliency In The Moment: What I Can Control



“When you have control over your thoughts, you will have control over your life.” - Unknown

Ways to practice self-awareness and discipline

1. Control the things I can.

- My actions
- My attitude
- Limiting unhelpful things
- My kindness and grace
- Doing things that energize me

2. Ignore the things I can't.

- Actions of others
- Other people's motives
- How others react
- How long something will last
- Predicting what will happen

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