Circle of control

The dividing line between what you influence, what you partly influence, and what you don't at all.

> Worry grows most where there is no influence. First list everything that weighs on you, then sort it. For the first column write an **action**; for the last, **how you will live with it** — that is the only task there.

What is weighing on me

List everything, without tidying

Sorting

I INFLUENCE — WHAT I DO	I PARTLY INFLUENCE — MY SHARE	I DON'T INFLUENCE — HOW I LIVE WITH IT

First step

One thing from the first column I'll do within 48 hours