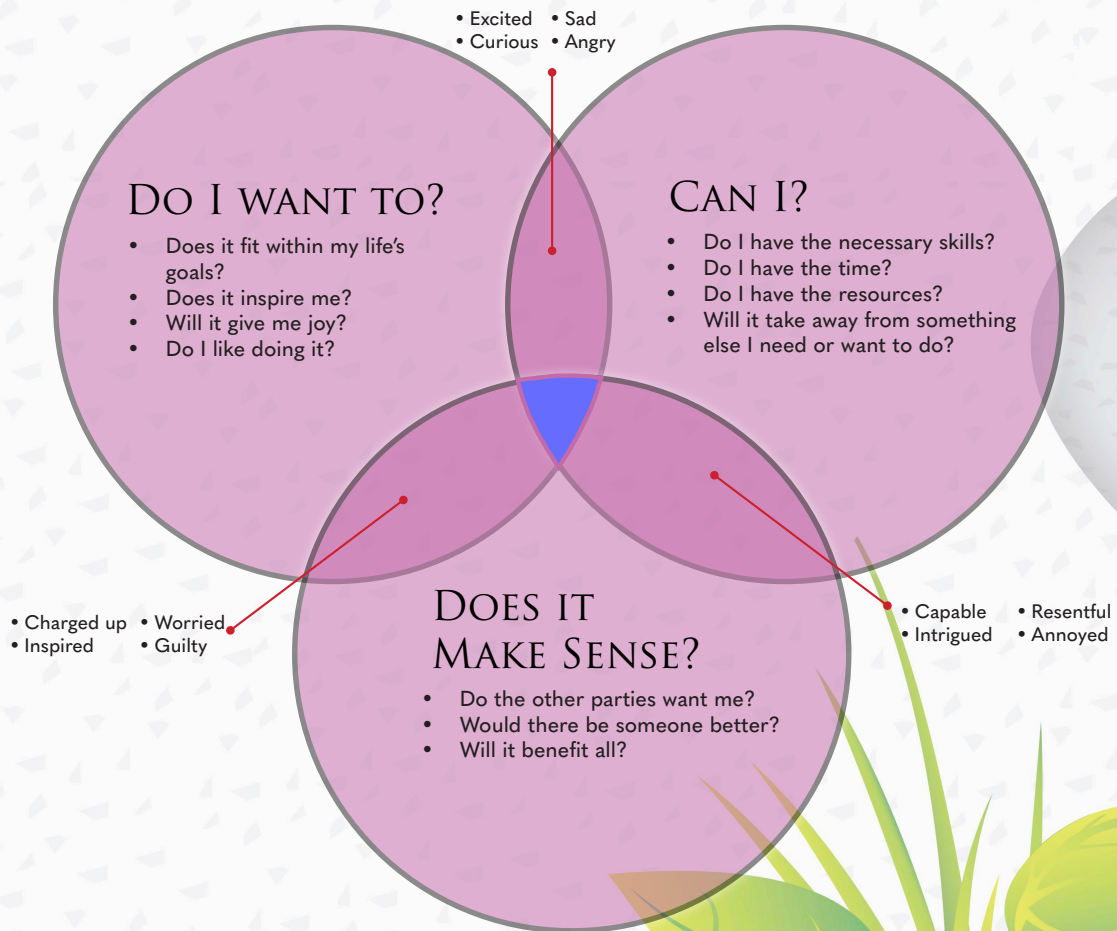


Who is in Charge?

STAYING BALANCED

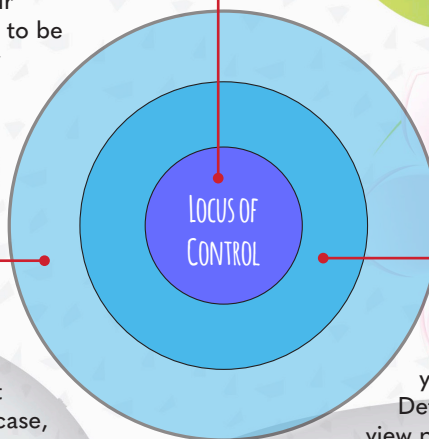


CONTROLLABLE

This is where change takes place; put your attention here. Take a look at what needs to be changed and ask yourself, "Is it within my abilities to do that?" If not, break it down until it is or move on to something else.

NO CONTROL; NO INFLUENCE

We like to believe that we have some control over virtually everything; and in a very small sense we might. However, sometimes, we must simply accept that it indeed is not in our control. If that's the case, acceptance is actually empowering.



INFLUENCE WITHOUT CONTROL

Events happening here are not totally within your control but how you respond to them is. Determine a different reaction, get someone else's view point, or periodically "tune out" (which is not the same as "giving up").

