

50 THINGS YOU CAN CONTROL

1. How you **respond** to challenges.
2. **Who** you ask for help.
3. **When** you ask for help.
4. Saying you need a **break**.
5. How you **act**.
6. How much **effort** you put forth.
7. Getting enough **sleep**.
8. Completing your **responsibilities**.
9. Using I-Statements.
10. Saying what **you need**.
11. How much **exercise** you do.
12. Setting your **boundaries**.
13. **Respecting** other people's boundaries.
14. When and if you **forgive** others.
15. How often you **smile**.
16. **Owning up** to your mistakes.
17. When you show **empathy**.
18. Whether or not you **accept yourself**.
19. What you **focus** on in this very moment.
20. Focusing on the **negatives or positives**.
21. What **goals** you create for yourself.
22. The kind of **attitude** you have.
23. **How you relate** to your feelings.
24. Whether you **help someone** out or not.
25. How you take care of & **treat your body**.
26. **Treating others** the way you want to be treated.
27. When you **listen** to others.
28. How **truthful** and honest you are.
29. When you talk about your **feelings**.
30. Expressing what you **hope for**.
31. How you **interpret** events.
32. When you **ignore** behavior that annoys you.
33. **Apologizing** when you make a mistake.
34. How you "talk" to yourself.
35. If and when you **try again**.
36. Treating others with **kindness**.
37. Treating yourself with kindness.
38. Saying **please** and **thank you**.
39. **Going outside** and enjoying the fresh air.
40. How **organized** or **clean** you are.
41. How you hold your body (like your **posture**).
42. **Reminding yourself that you are** **lovable**.
43. How you **show others you care** about them.
44. Whether you **"get back up"** after you "fall down."
45. When you practice **gratitude**.
46. Whether or not you **keep your word**.
47. What **coping strategies** you use.
48. Whether or not you **accept the situation**.
49. Using **mistakes as opportunities for learning**.
50. When you take **mindful breaths**.