

## What I can and can't control

We can waste precious time and energy worrying about things we have no control over. We can't control what other people think of us, we can't control what happens around us, the future or other people's actions. We can acknowledge what is not in our control and then let it go.

Focusing on what we can control helps improve our overall wellbeing and helps us manage our everyday challenges better. We can control the goals we set for ourselves, how we talk to ourselves, what we give our energy to and how we handle these challenges that may come our way.

