

# TOP 50 <sup>things you can</sup> 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.  
How much effort you put to something.
- #6
- #7 Getting enough sleep.
- #8 Completing your responsibilities.
- #9 Using an I-Statement.
- #10 saying what you need.
- #11 How much exercise you do.
- #12 Setting your boundaries.
- #13 Respecting the personal space of others.
- #14 When and if you forgive others.
- #15 HOW OFTEN YOU SMILE.
- #16 owning up to your mistakes.
- #17 Whether or not you accept yourself.
- #18 Whether you look for the negatives or positives.
- #19 What you focus on in this very moment.
- #20 What goals you create for yourself.
- #21 THE KIND OF ATTITUDE YOU HAVE.
- #22 How you relate to your feelings.
- #23 Whether you help someone out or not.
- #24 How you take care of and treat your body.
- #25 WHEN YOU SHOW EMPATHY.

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#26 Treating others the way you want to be treated.

#27 When you listen to others.

#28 How truthful and honest you are.

#29 How much you share with others about your feelings.

#30 saying what you hope for.

#31 HOW YOU INTERPRET EVENTS.

#32 If and when you try again.

#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 worthy and good enough.

#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 strategies you use to cope with difficult emotions.

#48 WHETHER OR NOT YOU ACCEPT THE SITUATION.

#49 Using mistakes as opportunities for learning.

#50 When you take mindful breaths.