

Outside My Control

What other
people say

Where
I started

What
others
expect
of me

What
others
think
of me

The
actions
of other
people

What
others
ask me
for

Unforeseen
challenges

The past or
the future

In My Control

What I say
My work ethic
My goals for myself
What I think of myself
My adaptability
My boundaries
My reactions
My habits