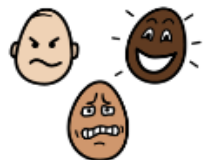


Things I Cannot Control/Change



Other people's emotions



Other people's thoughts



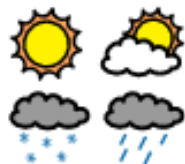
Other people's actions



Some rules at work, school, or home



Things that happened in the past



Weather



Traffic

Things I Can Control/Change



My thoughts



My words



My choices



My actions



My effort