

# THINGS OUTSIDE MY CONTROL

OTHER PEOPLE'S  
**ACTIONS**

OTHER PEOPLE'S  
**OPINIONS**

**THINGS I CAN CONTROL**

MY **ATTITUDE**

MY **EFFORT**

MY **BEHAVIOR**

MY **ACTIONS**

to be a great team member

OTHER PEOPLE'S  
**FEELINGS**

OTHER PEOPLE'S  
**MISTAKES**

**ADVERSITY**

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# Things I Can Control

Which thing that you can control is the most important to you? Why?

Which thing that is outside your control the most difficult for you to not worry about? Why?

What do you think is missing from the list of things you can control?

What do you think is missing from the list of things outside your control?

Which one thing you can control will you try to improve this week? How?

Which one thing that is outside your control will you try to not let bother you this week? How?