

Five Guarantee's You Can't Control

1. You cannot control what other people choose to think
2. You cannot control what other people choose to feel.
3. You cannot control what other people choose to do.
4. If you attempt to do any of the above, or any combination of the above, you will feel inadequate, frustrated, angry and depressed.
5. What you DO have control over is:
 - a. What you think
 - b. What you feel
 - c. What you do
 - d. How you choose to respond to what others directly express and do