

# 15 THINGS I CAN CONTROL

Choosing who I spend  
my time with



How I treat myself



How I treat others

Choosing  
when to act  
and not to act



Choosing what I  
do for self-care



My intentions



Taking time to  
self-reflect

Forgiving myself  
and others

How I spend  
my free time

My words



Learning from my  
mistakes



Having healthy  
boundaries

Setting goals that are  
important to me



Asking  
for what I  
need

My  
reactions