



Plan of Action:

1. I will learn to reframe the following "negative pulls":

---

---

---

---

2. I will stop trying to control these uncontrollable things/people:

---

---

---

---

3. I will focus on controlling these controllable things:

---

---

---

---

4. I will avoid negative self-talk. Most of my negative self-talk happens at these times:

---

---

---

---

5. I will save my emotional energy for important issues rather than things that don't really matter. Often I over-react and spend too much emotional energy on:

---

---

---

---