



Plan of Action:

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

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

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3. I will focus on controlling these controllable things:

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

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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:

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