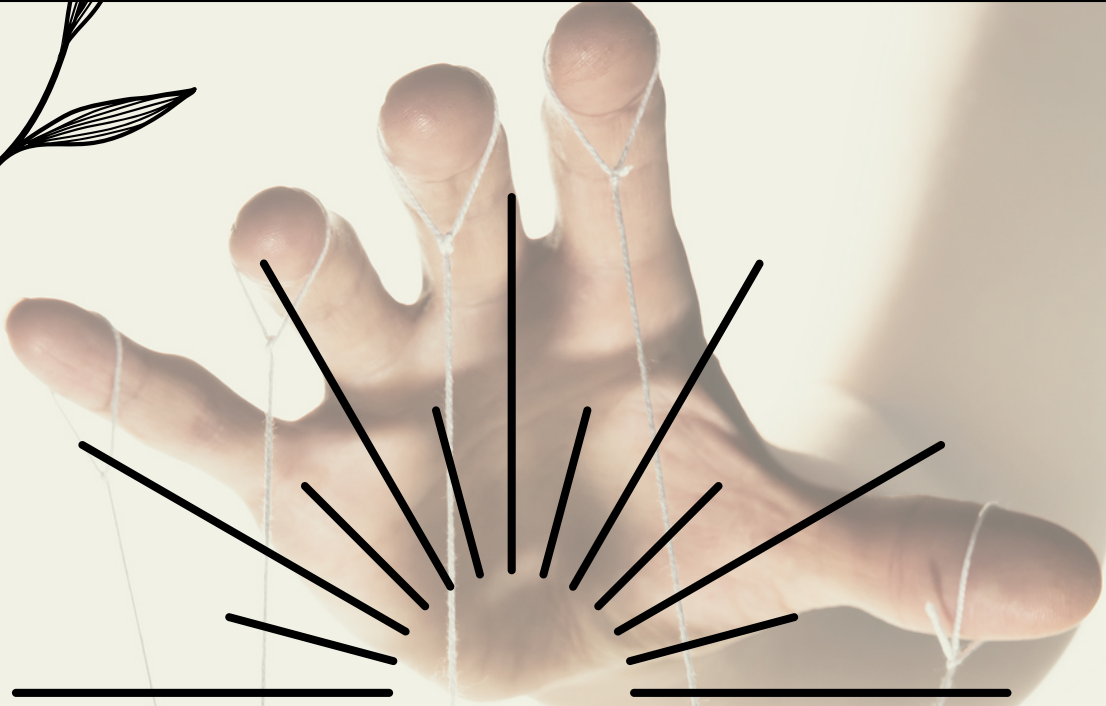




Are you In control?



YOU CAN BE!

@rethinkyourperspective





HEY, I'M JAIYE

For years I struggled with the feelings of being out of control of where my life was heading, it felt like I was on a runaway train with a set course that I could only adapt to as best I could.

But then I learnt one simple concept:

The Circle Of Control.

Now I feel more in control of where my life is heading and I am at peace with the world I live in rather than trying to fight the status quo.

Today, I want to share this concept with you.

LET'S DO IT!





What Is Control?

Control can be considered an illusion. In our fast-paced and unpredictable world, the concept of control holds significant importance. We often find ourselves grappling with the desire to control various aspects of our lives, only to be met with disappointment and frustration when things don't go as planned.

Despite our best efforts, we cannot have absolute power or authority over everything in our lives. Life is filled with uncertainties, external factors, and the actions of others that lie beyond our control. Recognising this truth is crucial for our well-being and mental resilience.

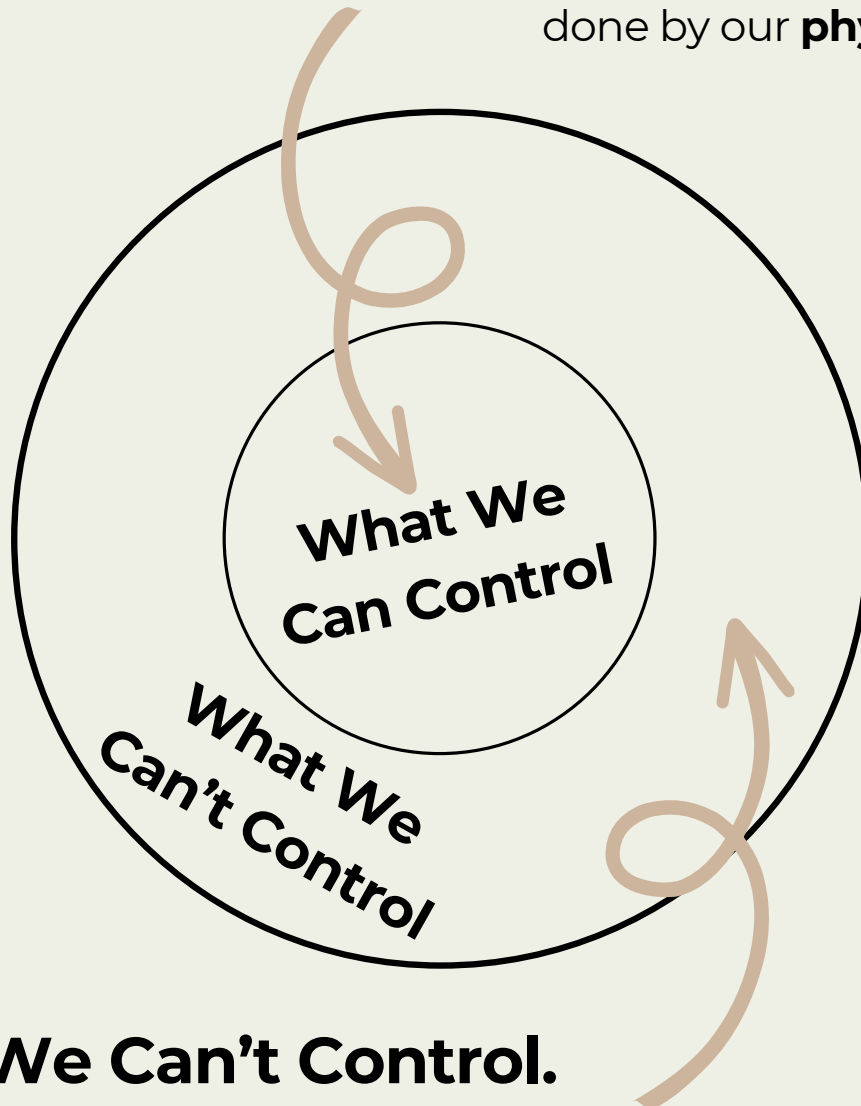
Understanding the distinction between what we can control and what we cannot is a powerful realisation. It allows us to let go of the need to micromanage every aspect of our lives and frees us from the burden of trying to control the uncontrollable. This acceptance opens the door to a more peaceful and fulfilling existence.

So what can and can't we control?



What We Can Control

Quite simply, the **only** things we can control are our: Thoughts; Opinions; Beliefs; Behaviours; Attitude; Actions; Decisions; Outlook; And anything else that goes on **inside** our head or is done by our **physical body**.



What We Can't Control.

Anything **external** to our mind and body cannot be controlled by us. Such as: The weather, tides, pandemics, the actions or thoughts of others.

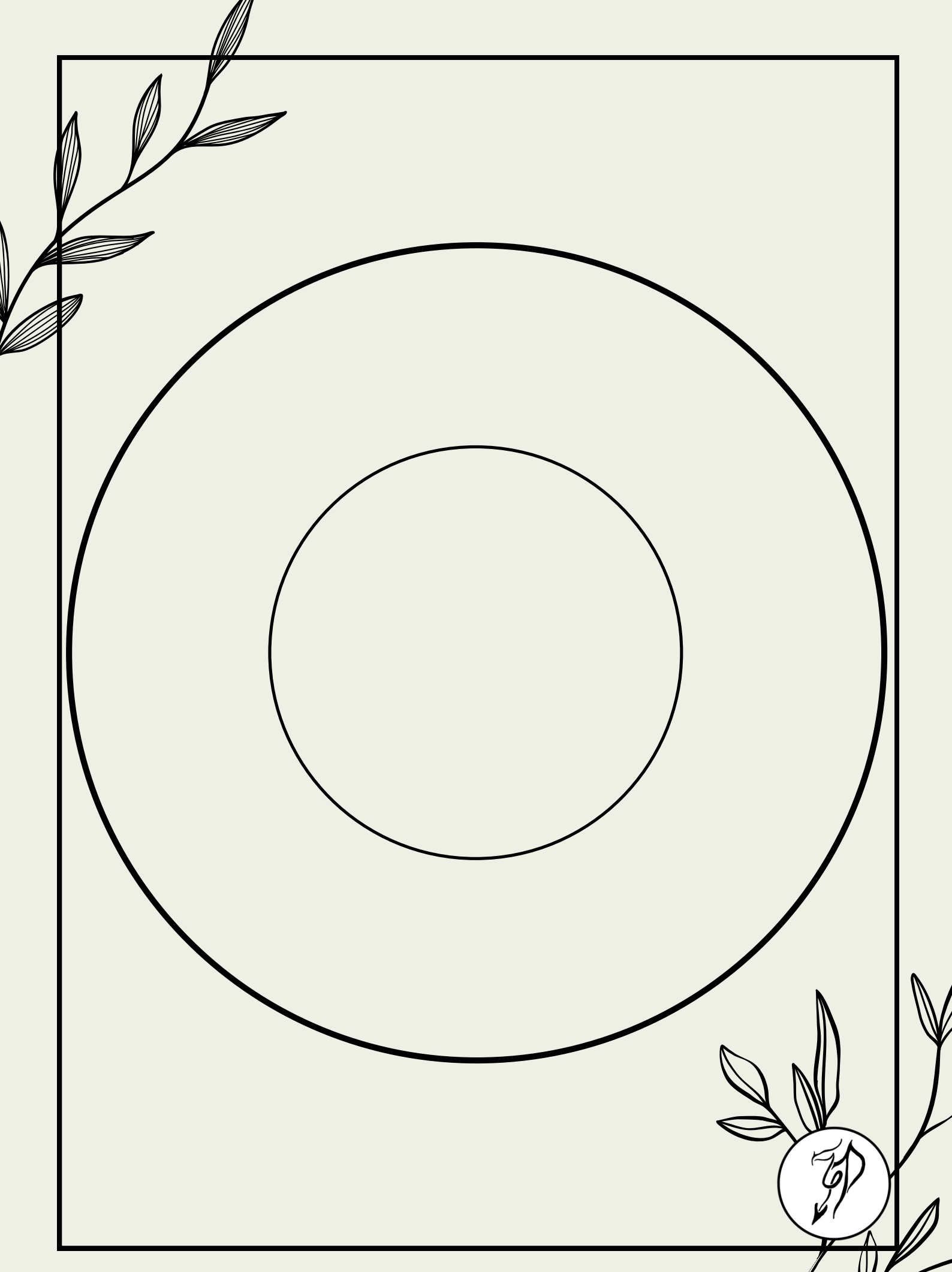
We may be able to **influence** the actions, beliefs, behaviours, or thoughts of other humans, but the final **decision** of what they think, feel, or say is theirs and we should let them make it.

Examples



Now Its Your Turn!

Fill in the empty circles on the next page and then print or display them as your own personal reminders of what you can and can't control.





The Circle of Control

By understanding and embracing the circle of control, we acknowledge that there are certain factors outside of our influence. It is a recognition that we cannot control external events, the actions of others, or the circumstances that life presents us with. However, within the circle of control, we hold the ability to shape our own inner world and how we engage with the external world.

Benefits of Embracing the Circle of Control

- Reduced Stress and Anxiety
- Increased Productivity and Focus
- Improved Relationships
- Enhanced Emotional Resilience

To find out more about control and the Circle of Control visit:

rethinkyourperspective.com/circle-of-control

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linkin.bio/rethink_your_perspective

