

INSIGHT. POSITIVITY. GROWTH

# Things I Can Control



BonOva Wellness

HYPNOTHERAPY & COACHING

## What I can't control

Being ill

Other people's responses

Who my family is:

What I put in my body

Level of effort I put in

Being around positivity

If people like me

### WHAT I CAN

### Control

Traffic

Reaching out for help

The way I respond

What I spend my money on

The weather

Self-care activities

Other people's effort

Other people's decisions

Mistakes from the past



# *Things I Can Control*

