

THINGS I CAN CONTROL

#1 BEING GRATEFUL FOR WHAT I HAVE

#9 Treating others with kindness and respect

#17 How often I say "Thank you"

#2 How I spend my free time

#10 HOW MUCH EFFORT I PUT INTO THINGS

#18 MY MINDSET

#19 Trying again

#3 Getting enough sleep

#11 Learning from my mistakes

#20 WORKING TOWARD MY GOALS

#4 BEING IN THE HERE AND NOW

#12 LEARNING FROM FEEDBACK

#21 Taking mindful breaths

#5 Talking about my feelings

#13 How I respond to challenges

#22 Trying new things

#6 Asking for help

#14 Having a positive attitude

#23 Taking a break when needed

#7 Spending time outside

#15 HOW I CONTRIBUTE TO MY FAMILY

#24 REMINDING MYSELF THAT I AM ENOUGH

#8 BEING KIND AND LOVING TO MYSELF

#16 Celebrating small wins

#25 Finding the good in any situation