

### CONTROLLING YOUR REALITY

*People tend to believe that things happen TO them and not because of anything they DID. They see their individual struggles being unique to their own situation and should be something others take time to empathize and help solve.*

This type of thinking is a choice. Just like going to the river of life with a firehose or a thimble, you choose to go to the river of life and then you choose what amount of water to take. The river of life is abundant, and it's always flowing. You don't have to go to the river; you can choose to stay away from it.

What you take from it is entirely **up to you.**

### CREATING INTENTIONAL FOCUS

Rather than focusing on your struggles, where do you see your greatest areas of opportunity?

How will you remind yourself in moments of conflict to focus on humility and to seek wisdom, rather than being right?

Instead of focusing on other people's actions holding you back, how will you focus on finding someone who contributes to your success?

How will you keep yourself accountable to keeping your thoughts, words, and actions in check, rather than focusing things outside of your control (other's thoughts, words, and actions)?

