

Things You Can Control:

Your effort
Your tongue
Your thoughts
Your perspective
How kind you'll be
What you'll stand for
What you won't stand for
How you treat other people
How you treat your own self
How much time you give to worry
How much time you give to God
If you let them keep you down
If you stand back up again
How honest you are
Where you'll focus
Your gratefulness
Your reactions
Your attitude
Your words