

15 Things You Can't Control

(And What You Can Control Instead)

A companion to Tiny Buddha's Inner Strength Journal
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1. You can't control what other people do.

You can control whether you participate in their behavior or enable them.

2. You can't control how other people see you.

You can control how you show up in your relationships and how you see yourself.

3. You can't control how other people treat you.

You can control how you internalize and respond to their treatment.

4. You can't control whether other people like you.

You can control how true you are to yourself.

5. You can't control what other people think, feel, and believe.

You can control how you engage about your different opinions, feelings, and beliefs.

6. You can't control how other people internalize things you say and do.

You can control your intentions and how you respond when you unintentionally hurt someone.



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7. You can't control what happens to other people.

You can control how you show up for them when things get hard.

8. You can't control your thoughts and feelings.

You can control whether you attach to them, identify with them, or act on them.

9. You can't control the things that have already happened.

You can control what you do in the present.

10. You can't control everything that's going to happen.

You can control how you strengthen yourself to handle the unknown.

11. You can't control the outcome of anything you do.

You can control your efforts.

12. You can't control your body aging.

You can control how well you take care of your body and how you think about it.

13. You can't control all aspects of your health.

You can control the preventative health measures you take.

14. You can't control the inevitability of you getting hurt.

You can control how you treat yourself when you're hurting.

15. You can't control the fact that there's suffering in the world.

You can control whether you contribute to it or help alleviate it.