



THINGS WORTH CONTROLLING

We can only control so many things in our lives, right? But what things should we focus on that will make us feel MOST happy, alive and fulfilled? Try these three...

Control Your Outlook and Character

If you control anything, make it how you look to the future and how you conduct yourself as a person. Optimistic people are happier across almost every area of life, and those who remain in integrity feel more satisfied with life too. Consider these questions:

- *Lately, many of my thoughts have been (a) negative or (b) positive, because...*
- *A situation that has been difficult for me lately has been...*
- *The way I could view that situation in a new light or with new positive perspective would be to remember that...*
- *When I'm being my best self, I know it because I am...*
- *Some new ways I can remind myself to be positive and my best self would be...*

Control for New

Novelty is a powerful motivator and brings feelings of engagement and pleasure to our psychology. So it's useful to control "for new," purposefully inserting variety and new experiences into our life so we stay engaged and continue growing. Consider these questions:

- *Some new things I could schedule in my calendar that would make me try new things are... [e.g. classes on dancing, cooking, language]*
- *Some new ways I could bring more variety or fun into my career, relationships, and health would be...*

Control for Fulfillment

Many people don't feel fulfilled with what they are doing because they (a) don't choose to do it in the first place, or (b) don't get to be involved in the full process of creating something—they aren't involved beginning to end so they never experience the joy of completion or accomplishment. Consider these questions:

- *What project are you working on that you did not want to? Would being more involved in them make you happy or less happy?*
- *What could you do to better control what projects are put on your plate?*
- *How could you re-engage each day's major activities in a new way to feel better about it (and maybe –gasp! – enjoy it!)?*