

## In My Control

How I show up

My goals

Where I put my energy

How I speak to myself

My thoughts and actions

My boundaries

Family sleep habits

In-laws

## Some Control

Teen behavior

Co-Parenting...?

What other people think of me

Nutrition and Health

The Past

The Future

## No Control at All

What other people think of me

How others take care of themselves

People's opinions

My wounds

The outcome of my efforts

What happens around me