

No Control

Who I Am

Embrace My weaknesses	1
-----------------------	---

Boundaries	2
------------	---

Kindness	3
----------	---

Comparing	4
-----------	---

Growth	5
--------	---

Control

Who I Could Be

Goals	6
-------	---

Potential	7
-----------	---

Setbacks	8
----------	---

Proactive	9
-----------	---

Energized	10
-----------	----

Total

The 3 Keys to Acceptance

Mindset	

Acknowledge	

No Regrets	

Self-Love	

No Fear	

Acceptance	Total
-------------------	-------

The 4 Reasons

