

## TRY THIS INSTEAD OF THAT



Stop trying to control the uncontrollable. This is a waste of time and energy. If you find yourself trying to succeed at all costs, thinking YOU have to fix everything and telling yourself to push harder - you need to STOP.



Instead - look for where your energy is BEST spent. Ask yourself "when will my effort make a difference?"  
Look for what you've learned in the PAST that will help you NOW.