



Control What *You Can Control*

MARY KELLY

How To Manage Stress, Increase Productivity, and Stay Positive

1. Do I own this issue?
2. Can I fix this problem?
3. Will my actions affect the outcome?
4. Can my influence be helpful?
5. Will I be happier if I get involved?
6. Will my involvement help others?

If no ■

If yes ■

Don't focus here ■

Focus here ■



I am frustrated about:	Can I control it?	Should I get involved?
1. _____ _____ _____	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
2. _____ _____ _____	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
3. _____ _____ _____	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
4. _____ _____ _____	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
5. _____ _____ _____ _____ _____	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>

