

WORKBOOK

A hand holding a camera lens against a blurred background of clouds. The lens is the central focus, with its internal elements visible. The background is a soft, out-of-focus sky with light clouds. The overall image has a moody, artistic feel.

THINGS THAT YOU CAN CONTROL

Module 4 - Mental

COPYRIGHT

USE OF THE MATERIAL

The information contained in this document contains privileged and confidential information.

The framework is proprietary property and all material including text, information and integration within the information described in this document is the intellectual property of Maryia Oayda.

You may use this framework and the contents contained in the framework for your own individual non- commercial use and for informational purposes only. No other use is permitted, including for any commercial purposes, dissemination, distribution or publication - All strictly prohibited without prior written consent.

Best wishes,

Maryia Oayda

INTRODUCTION

THINGS THAT YOU CAN CONTROL

TO BE USED ONLINE & OFFLINE

The total waste of time is to waste your thoughts, your energy, focus and your emotions stressed about things you cannot control.

We tend to control the events around us. You don't have the power to affect many events and probably control some, but one thing you have absolute control over is yourself and your emotional reaction to whatever happens in life.

Controlling what things mean to you is the highest power you possess, and can give you a life of fulfillment. You simply must find an empowering meaning in anything that happens.

Best wishes,

Maryia Oayda

RING MODEL



THINGS THAT YOU CAN CONTROL

Look at the external ring of the Model. Make a list of the things you can't control or influence but which you continue to waste time on anyway.

Write down all the reasons why you know for sure it is ridiculous, silly and stupid to spend time on these things.

Develop a new belief. For instance: "This is a total waste of my time! I won't do that anymore!" or "Enough is enough, I am not going to waste my time!," or "I am going to focus on what I can control."

THINGS THAT YOU CAN CONTROL

How to create more time now.

- A. Identify activities you do that are not really important, but because of the sense of urgency you place on those activities, you spend time doing them, and in the process, you waste your time
- B. Estimate approximately how much time you spend each day/week on the activities that don't really matter.
- C. Now that you realize which unimportant activities you can remove from your schedule, you will have extra time on your hands. Make a list of the activities/projects you want to spend time doing that would give you more fulfillment. Write down how many hours realistically you want to spend every day/week doing these activities.