Things that are out of my zone of action.
Things I should not be worrying about.

Other people’s thoughts, feelings and actions.

When other people’s actions and words affect me!

- Is this a problem that I can/should fix, put up with or walk away from?
- Who can I talk to about this issue?
- What are the inner tools and skills I can gain to deal with this issue? (example confidence, clarity, assertiveness.)

My thoughts, feelings and actions.