



## TEN THINGS I CAN CONTROL MYSELF

### **1. My Actions**

Be smart about what you do. One mistake could change your life forever.

### **2. My Attitude**

Always keep yourself in a positive state of mind. This attracts success.

### **3. My Associates**

Successful people tend to spend time with other successful people.

### **4. My Goal**

Achieving a goal is simple after you learn how to set a goal.

### **5. My Routine**

Successful people practice success every day by keeping a strong routine.

### **6. My Discipline**

First, do what you have to do, then do what you want to do.

### **7. My Punctuality**

A lot of people judge you by your ability to be on time.

### **8. My Diet**

Take care of your health by paying attention to what you eat.

### **9. My Rest**

Your mind and your body both need time to recharge.

### **10. My Appearance**

Stay clean and neat. This will always help your self-esteem.

**Many people feel they don't have control of their own lives.**

**Practice these 10 areas of control and you will always be in control of yourself.**

**This is all anyone can expect.**