

50 Things You Can Control Right Now

1. How many times you smile today
2. How much effort you exert at work
3. Our level of honesty
4. How well you prepare
5. How you act on your feelings
6. How often you say “Thank you”
7. When you pull out your wallet for luxuries
8. Whether or not you give someone the benefit of the doubt
9. How you interpret situations
10. Whether or not you compete with people around you
11. How often do you notice and appreciate small acts of kindness – they’re everywhere
12. Whether you listen or wait to talk
13. When you walk away from a conversation
14. How nice you are to yourself in your head
15. Whether you think positive or negative thoughts
16. Whether or not you form expectations of people
17. The type of food you eat
18. When you answer someone’s questions – or email or call
19. How much time you spend worrying
20. How many new things you try
21. How much exercise you get
22. How many times you swear in traffic
23. Whether or not you plan for the weather
24. How much time you spend trying to convince people you’re right
25. How often you think about your past
26. How many negative articles you read
27. The attention you give to your loved ones when you see them
28. How much you enjoy the things you have right now
29. Whether or not you communicate something that’s on your mind
30. How clean or cluttered you keep your space
31. What books you read
32. How well you network at social events
33. How deeply you breathe when you experience stress
34. How many times you admit you don’t know something – and then learn something new
35. How often you use your influence to help people instead of focusing on building your influence
36. When you ask for help
37. Which commitments you keep and cancel
38. How many risks you take
39. How creative/innovative you are in your thinking
40. How clear you are when you explain your thoughts
41. Whether you formulate a new plan or act on your existing one
42. How much information you get before you make a decision
43. How much information you share with people
44. Whether you smoke or drink or use drugs
45. Whether or not you judge other people
46. Whether you smell good or bad (unless you have some strange resistance to soap and deodorant
47. How much of what people say you believe
48. How quickly you try again after you fall
49. How many times you say “I Love you”
50. How much rest you get at night