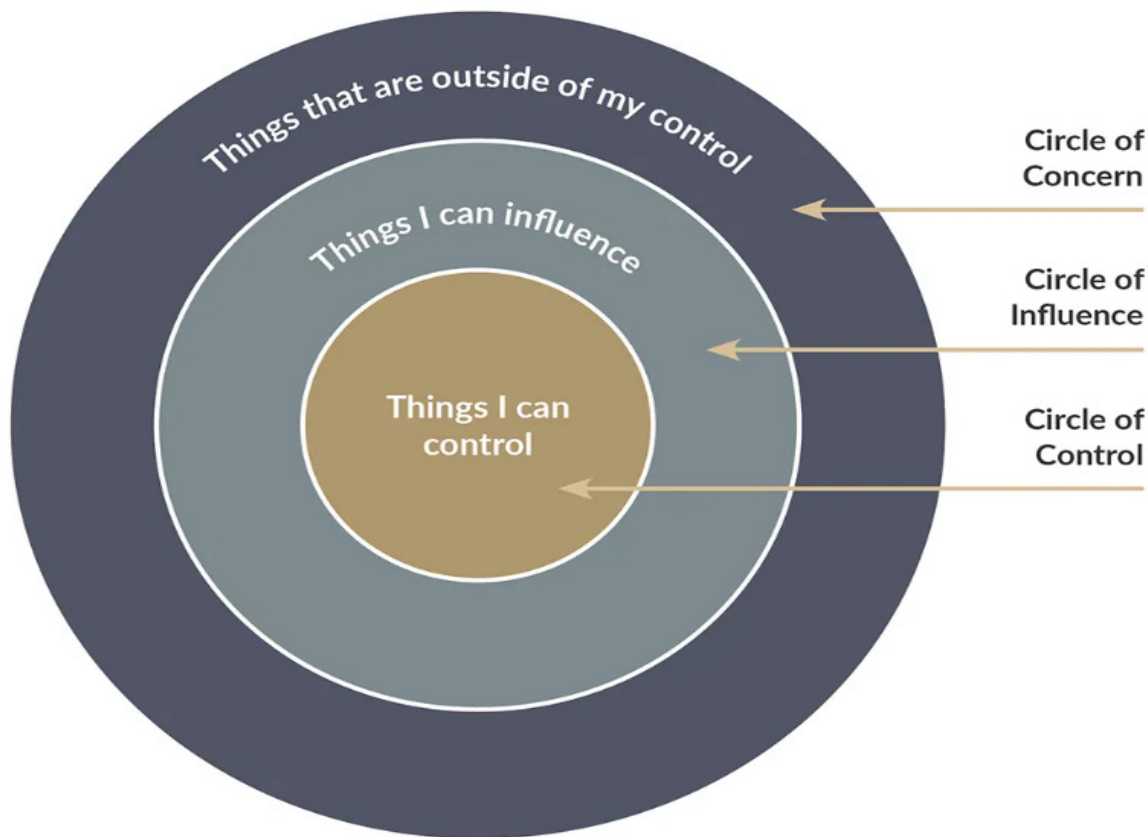


Three Circles of Life

Many of the things that concern us today are clearly beyond our control. We can live a more peaceful and fulfilling life if we focus our attention and energy on what we can control. I often refer to this as the three circles of life. Spending our mental energy wisely is of great importance, especially for those of us prone to anxiety, worrying, and ruminating.

In the exercise below, explore what is in each of the circles by filling in the table.

[illegible]