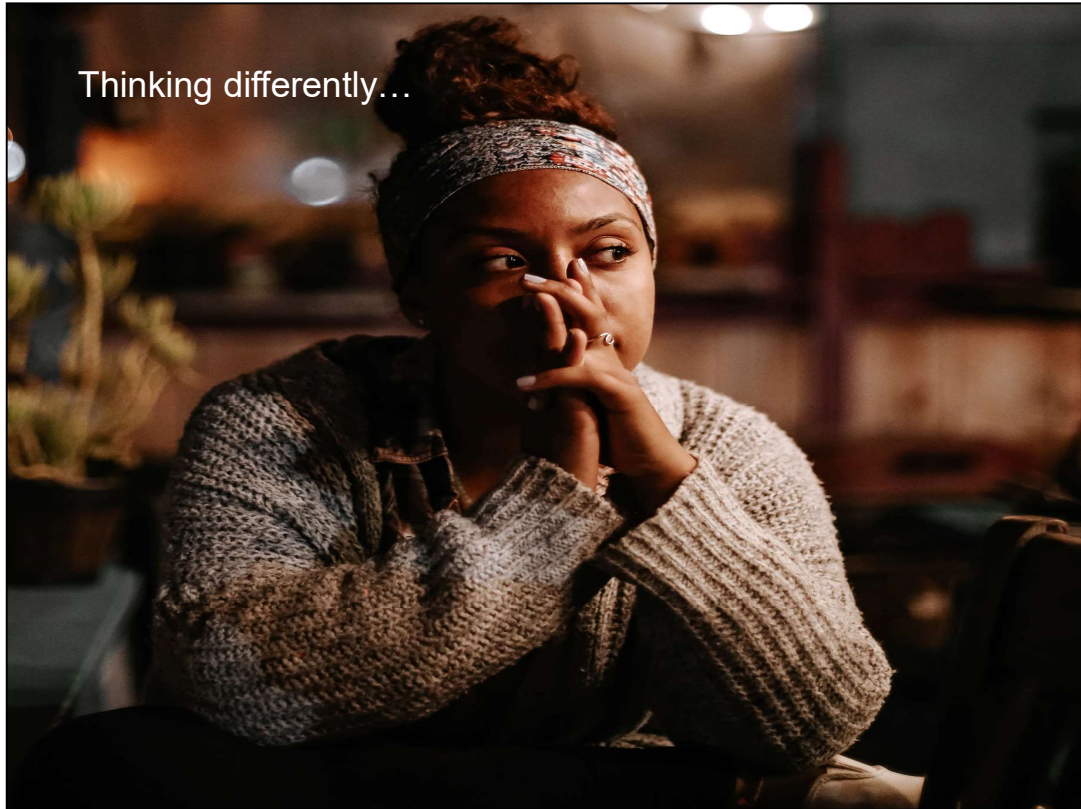




What do you control?

Total control

No control

According to Viktor Frankl

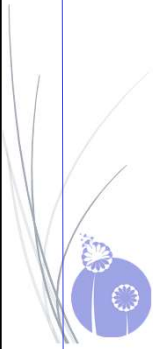
self awareness

imagination

conscience/values

independent will

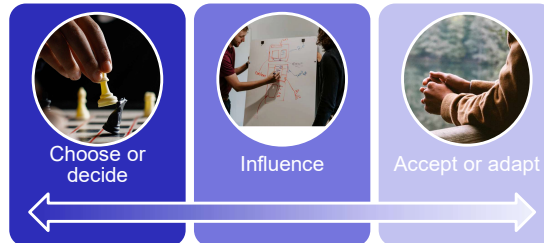
In short, you can control yourself and your choices!



What do you control?

Total control

No control



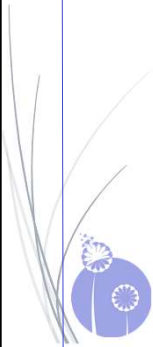
What positive choice can you make?

- Do you have all the information you need?

How can you increase your influence?

- Can you negotiate? Who can help?

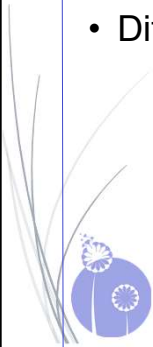
Dwelling on "No control" = stress and frustration!



About brains

Think of your brain as a theatre:

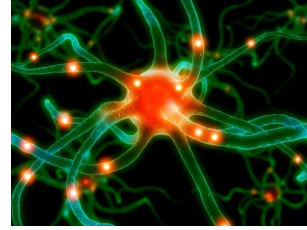
- The actors "on stage" are limited
- It takes energy to change the scene
- It takes energy to keep hecklers off stage
- Different activities compete for a limited supply of energy.



About brains

Think of your brain as a theatre:

- Choose your actors wisely
- Know who to keep off stage and how
- Distractions reduce mental performance
- Develop automatic habits...
- Brains work better when properly fed and rested.



What new insights do you have?

What new habits will you practice?