

The Four Things You Can Control™

1. Your Breath:

Your breath connects your inside world to the outside world. When you powerfully control your breath, you allow your breath to fill and expand your Energy Bubble, your personal energy field that surrounds you. This calms you, increases your personal energy and gives you room inside your Energy Bubble to become aware of all your thoughts, feelings, and desires (or innovative solutions).



When stressed, we often take shallow breaths or hold our breath. This causes a tight feeling within and causes you to hold on to stressful feelings such as frustration, anger, and self-doubt. These feelings need to move through you. They are your energy. E-motion = your energy in motion. Holding tight within clouds your ability to focus on solutions instead of problems.



2. Your Focus:

You can focus on the outside world (things going on outside you), your inside world (things going on inside you), or a combination of the two. Powerfully controlling your focus means directing your focus to solutions or things you enjoy.

A few ways to powerfully control your focus are to choose to focus on:

- Thoughts that feel good. This way you can adjust the way you feel.
- Solutions instead of problems.
- Things you want to be thinking, feeling and experiencing instead of the things you do not want--or battling a combination of the two.
- “What is right with this? What am I learning? What do I want? How can I respond?” instead of “What is wrong with me/them/this?”
- Clear thoughts about what you want and the one next step you can take.
- Loving and accepting yourself no matter what you are thinking, feelings or experiencing. (This human stuff can be hard sometimes and being hard on yourself when it does not help).



3. Your Imagination:

There is a difference between thinking and your imagination. Bringing a magical “What if...” focus inside your Energy Bubble activates your imagination. Dwelling here will bring new ideas, images, concepts, innovative pictures, and light feelings.

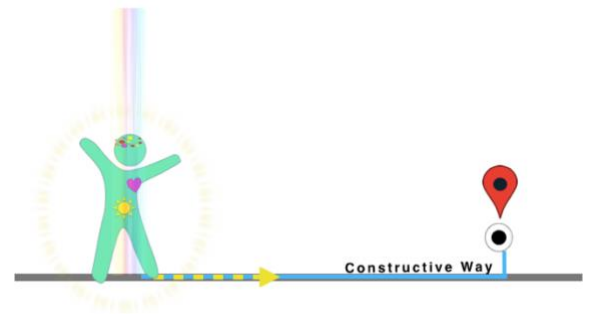
Powerfully controlling your imagination means being aware of how the picture in your imagination feels and continuing to expand that picture until it lines up with your heart and soul’s desires or your innovative solutions.



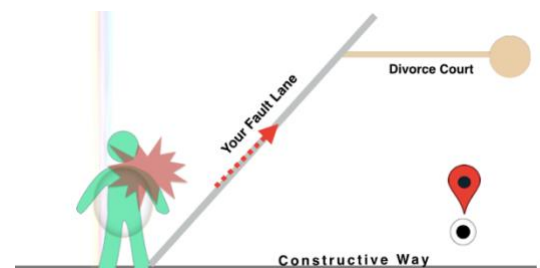
4. Your Response:

Responses happen within you. For example, when you think a thought or feeling, you can respond by accepting it, fighting it, or ignoring/denying it. Responses are also things you do that other people can see: words or actions you take in the world.

When you respond to whatever you are thinking or feeling with acceptance and continue to skillfully control The Four Things That You Can Control, you will build mindsets that support progress in the direction you want to be going. Your thoughts will be in line with your heart and soul’s desires or innovative solutions. You will be in your Flow. This allows you to take actions that eventually produce the results you want.



When you respond to things in the world with what you say or do when you are conflicted inside or feel bad, your actions will not be as productive.



A reaction is not a response. It is a habit or automatic action driven by heavy-feeling thoughts that have built up within you. You cannot control your reactions, but when you respond to your reactions by taking deep breaths and being kind and loving to yourself, you will strengthen your ability to build new habits of powerfully responding instead of reacting. This way life becomes opportunities to enjoy or learn and grow into new experiences

You are responsible for your thoughts, feelings and actions. The Clear Inner Focus Tool (C.I.F.T.) will help you navigate The Four Things You Can Control to break down stress thoughts and feelings and build new supportive mindsets.

