



Most stress comes from trying to control what we cannot. But there are four things you always can control. When you return to these — consistently, with practice — something shifts.

1 Your Breath

Your breath connects your inside world to the outside world. When you powerfully control your breath, you allow it to fill and expand your Energy Bubble™ — your personal energy field. This calms you, increases your energy, and gives you room to become aware of your thoughts, feelings, and desires.

When stressed, we take shallow breaths or hold our breath — which causes tension and clouds focus.

E-motion = energy in motion. Let it move through you.

2 Your Focus

You can focus on the outside world, your inside world, or both. Powerfully controlling your focus means directing attention to solutions and what you want — not what you fear.

Try asking: "What is right with this? What am I learning? What do I want? How can I respond?" rather

than "What is wrong with me/them/this?" Focus on thoughts that feel good, on loving and accepting

yourself — no matter what you're experiencing.

3 Your Imagination

There is a difference between thinking and imagining. Bringing a "What if..." focus inside your Energy Bubble activates imagination — where new ideas, images, and light feelings live.

Powerfully controlling your imagination means noticing how the picture you hold feels, and expanding it

until it aligns with your heart's desires or your best solutions.

4 Your Response

Responses happen within you first. When you think or feel something, you can respond by accepting it, fighting it, or ignoring it.

A reaction is a habit — automatic, driven by heavy thoughts. You cannot control reactions, but you can respond to them: breathe, be kind to yourself, and choose. Over time, this builds new inner habits. Life becomes something to enjoy and learn from — not just survive.

Remember: New inner habits require practice. Understanding is just the beginning. The Clear Inner Focus Tool (C.I.F.T.) can guide you deeper.