

# THE POWER STRUGGLE

We waste huge amounts of time and energy in trying to control things that we simply cannot, for example our past and our future, our internal worlds, and other people.

Take a few moments to drop anchor into your breath and body, exactly as they are. Tune in to how much of your time and energy is being wasted trying to control the aspects of your life that are essentially out of your control.

## WHAT YOU ARE POWERLESS OVER

Other people's thoughts, feelings, attitudes and actions in the past, present, and future

Your own thoughts and feelings in the past, present, and future

Your values, attitudes and actions in the past and future

## WHAT YOU HAVE POWER OVER

Your values, attitudes, and actions here and now in this moment

## NOTES AND REFLECTIONS

Where do you spend the bulk of your time and energy?

What has this cost you?

What is one small action you can take to move closer to who and where you want to be?