

REALIZE

1. I cannot control what other people choose to think.
2. I cannot control what other people choose to feel.
3. I cannot control what other people choose to do, nor how they do it.
4. If I attempt to do any of these first three things I will feel inadequate, anxious, frustrated, angry, depressed and out of control.
5. What I CAN control is:
 - a. What I choose to think
 - b. What I choose to feel
 - c. What I choose to do
 - d. How I choose to respond to what others say and do.

THE WOLVES WITHIN

One evening an old Cherokee told his grandson about a battle that goes on inside people.

He said, “My son, the battle is between two “wolves” inside us all. One wolf is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other wolf is Good. It is joy, peace, love, hope, wrenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, patience, and faith.”

The grandson thought about it for a minute and then asked his grandfather: “Which wolf wins?” The old Cherokee simply replied, “The one you feed.”