

# List of Things I Can Control

Rev. Paul Rasmussen

1. My attitude
2. What kind of food I eat
3. My thoughts
4. How honest I choose to be
5. My circle of friends
6. How much I exercise
7. Who I choose to listen to
8. How kind I am to myself and others
9. My words
10. How many times a day I smile
11. How much effort I exert at work
12. How well I prepare
13. How often I say "thank you"
14. How much time I spend trying to convince people I'm right
15. How much news and social media I watch
16. How much I enjoy the things I have right now
17. What books I read
18. How often I use my influence to help people instead of focusing on building my influence
19. The music I listen to
20. My level of optimism (start with the last one)



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