


PRIORITIZE

The pandemic situation has brought our lives to lock down. We feel relaxed when things work out our way but feel overwhelmed and helpless when random or unexpected things occur that are not within our control.

Today, you will learn to recognize and differentiate between that which is within your domain of power and that which is not.




6 Lakh users
using our RankGuru App


anywhere anytime learning platform
15.25 lakh users
and counting


Live Classes
using MS Teams


Lessons on
ZOOM APP


FB Live
Streaming


YouTube Live
Streaming



For Admission Enquiries

040 - 44 600 600

www.srichaitanyaschool.net



[/Srichaitanyaschoolsdu](https://www.facebook.com/Srichaitanyaschoolsdu)



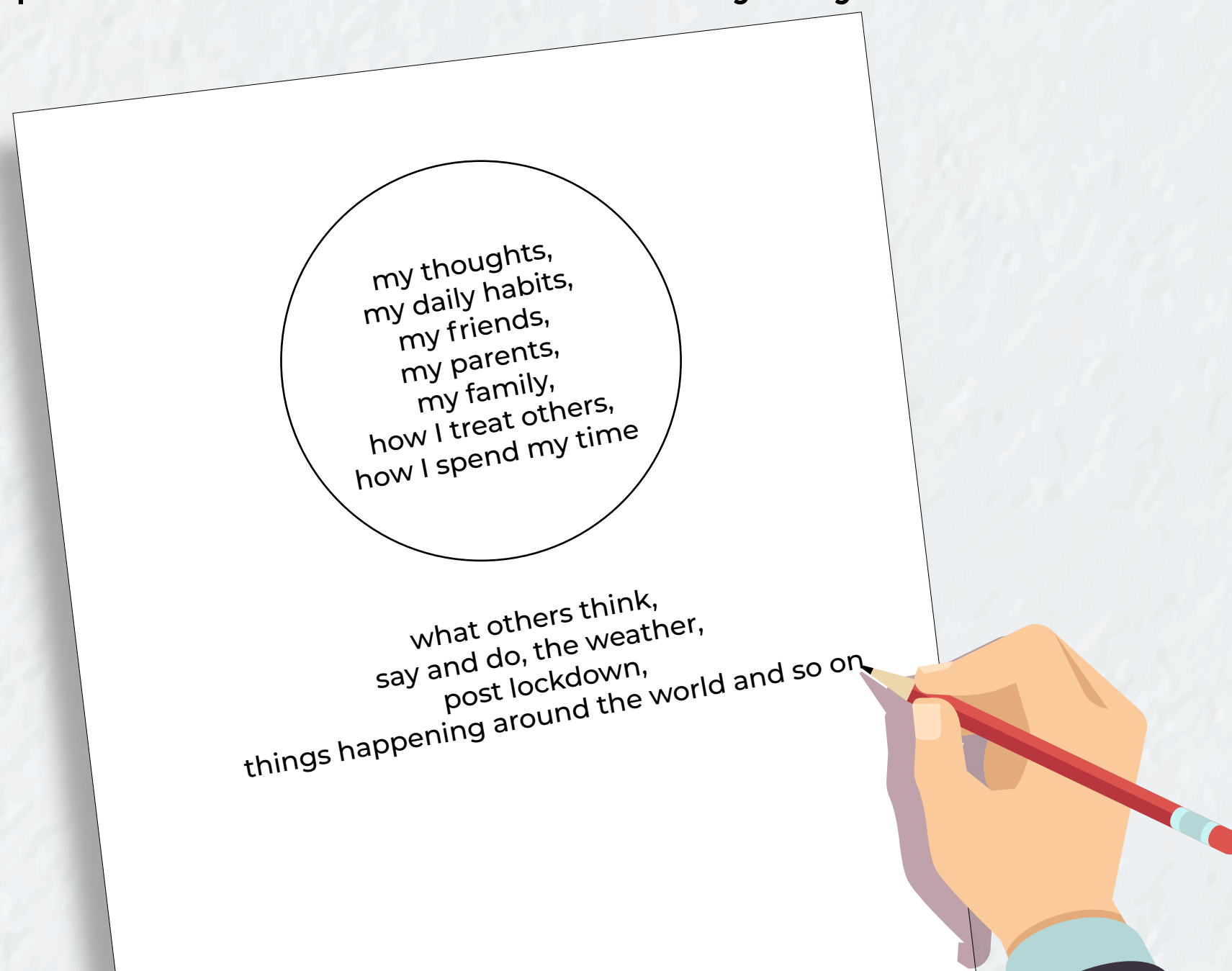
[/SriChaitanyaSchools](https://www.youtube.com/SriChaitanyaSchools)

Take a paper and pencil. Draw a circle on it. The circle must be of approximately 3-5 cms in diameter.

Write down things which are within your control inside the circle. For example, “my thoughts, my daily habits, my friends, my parents, my family, how I treat others, how I spend my time etc”. Write down as many as you possibly can.

Next, write down things that are beyond your control outside the circle. For example, “what others think, say and do, the weather, post lockdown, things happening around the world and so on”.

Be specific and write down as many as you can.



Now take a good look at it. Most of your worries stem from focusing on things that are beyond your control. We whine, complain and have sleepless nights by concentrating on the things that are outside our control.



You can apply this activity to any area of your life. It'll help you regain your sense of power and make you prioritize what is within your control while letting go things that are not worth your attention.

Make your day joyful

