

Can control

Can influence

Cannot control

Taking action

Mastery

Taking action on things you can control.

Ceaseless Striving

Taking action on things you cannot control.
Spending time reacting, and never feeling satisfied.

Navigating Change

Not taking action

Giving Up

Not taking action on things you can control.
Feeling like a victim. Not doing what you could do.

Acceptance

Not taking action on things you cannot control.
Not feeling guilty or resentful.

