

My circle of control

I can control...

I will focus on these

I cannot control...

I will let go of these

Download more resources
at medshieldmind.co.za

#Medshield
mind

My circle of control

I can control...

I will focus on these

I cannot control...

I will let go of these

Download more resources
at medshieldmind.co.za

#Medshield
mind