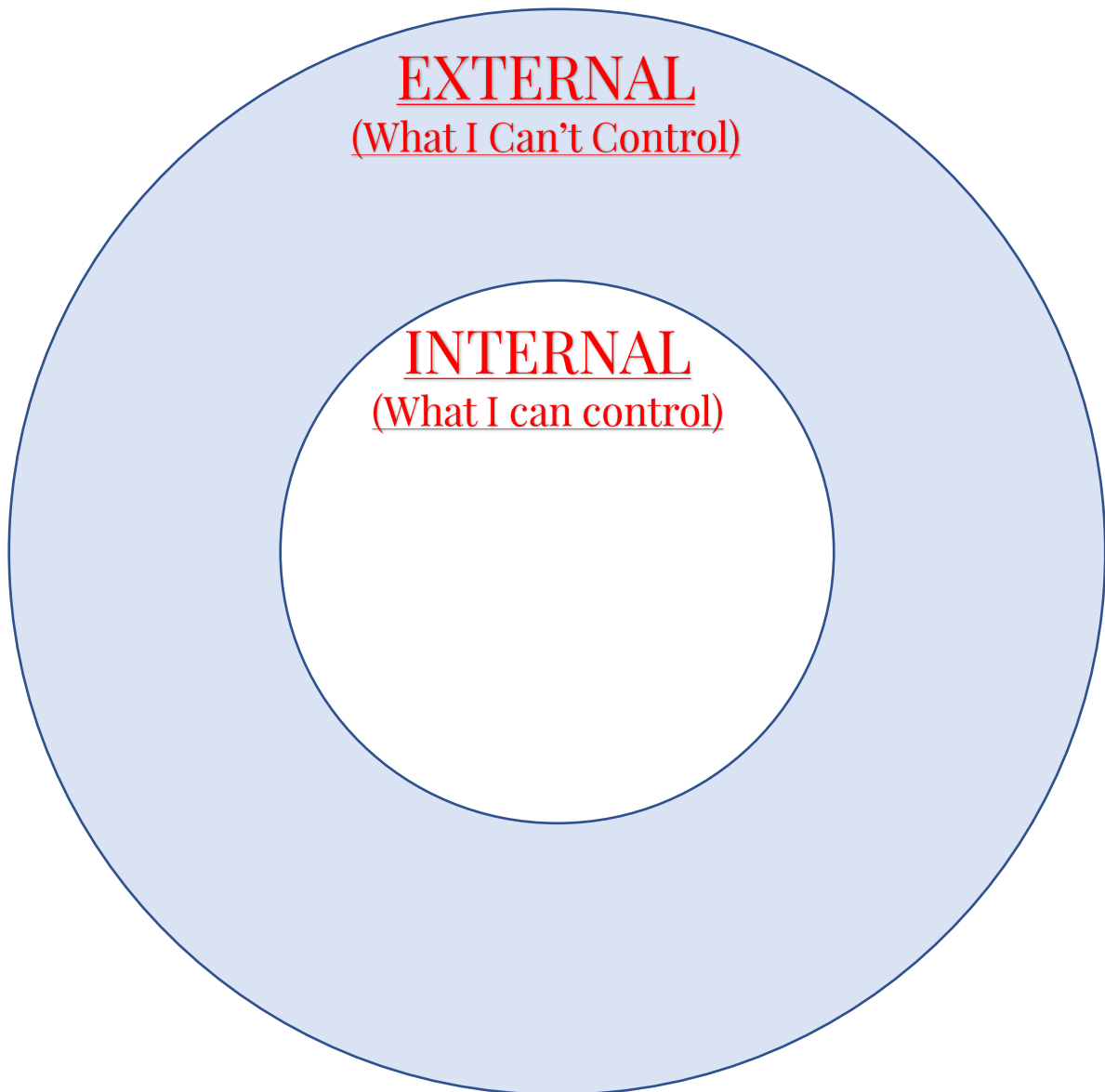


# Mindfulness Challenge, Focus On Your *Locus*

1. Do you naturally relate to internal or external control in your life?

2. What situations do you feel are controlling your thoughts or emotions?



# Mindfulness Challenge, Focus On Your *Locus*

SITUATION	How can I change this situation so I'm in control?

*The place to begin building any relationship is inside ourselves, inside our circle of influence, our own character. – Stephen Covey*