

Self Control





1. WE CONTROL THE CLOCK



Although it always flies,
we can always use it as we choose.



We can choose

- how long we work
- how long we pray
- how long we play
- how long we rest
- how long we worry



We can choose
what we can do
with our time.





2. WE CONTROL OUR CONCEPTS

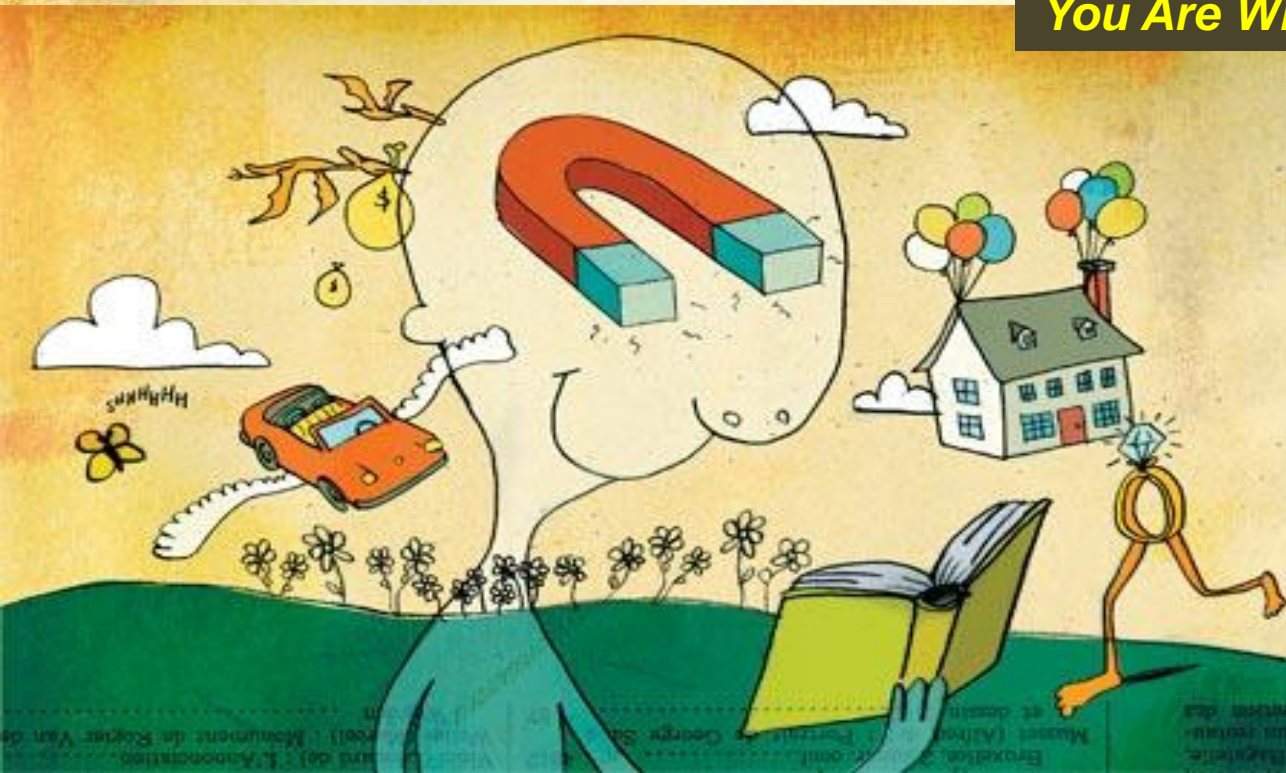


We can control our thoughts
and creative imaginations.



We need to remember that imagination with stimulation leads to realization.

You Are What You Fill Your Mind With





3. WE CONTROL OUR CONTACTS



We can't choose the people we'd like to work with and be with; but we can control with whom we spend most of our time with and we can meet new people.

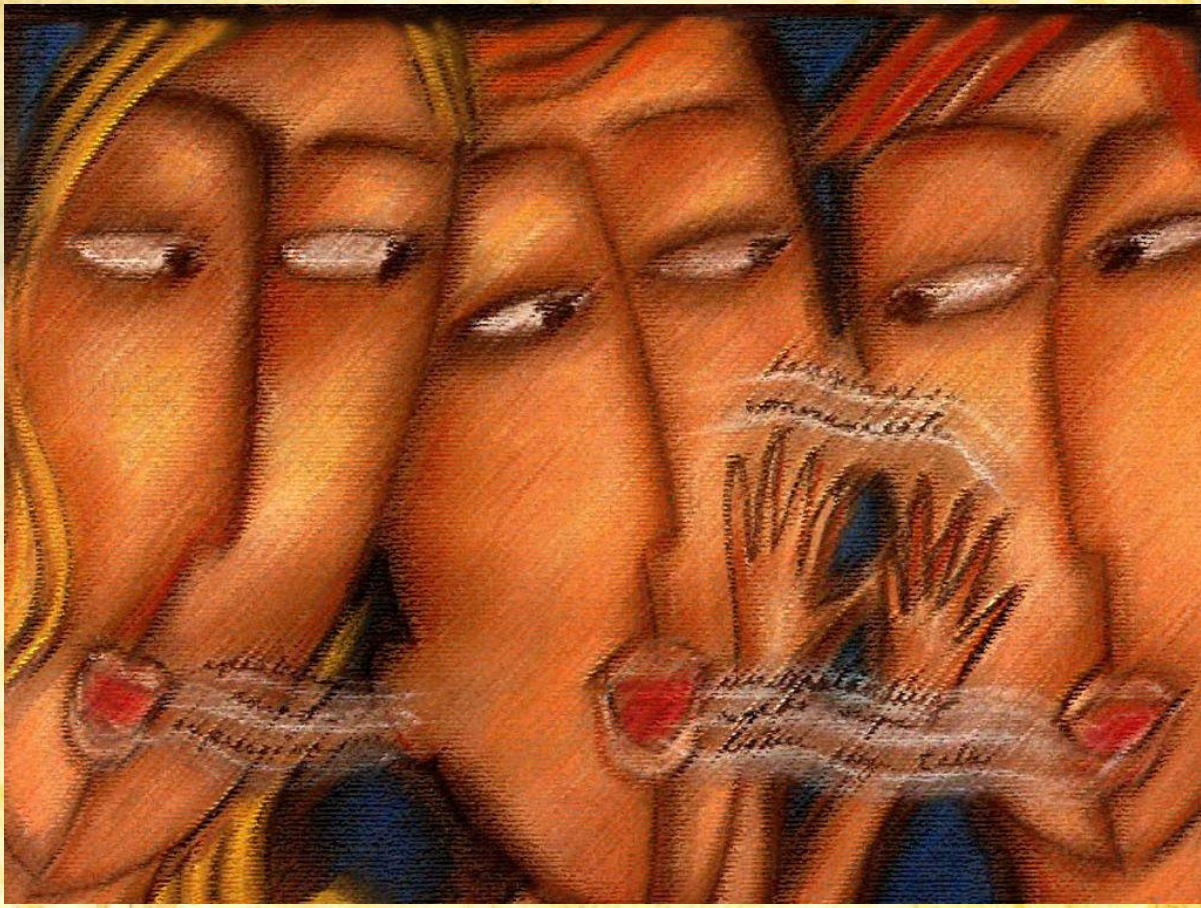


We can change our environment and seek out successful role models to learn from and share with.





4. WE CONTROL OUR COMMUNICATION



We are in charge
of what we say
and how we say it.



WORDS CAN HURT OR HEAL.

What did yours do today?

We can choose
with whom we
want to
communicate and
share our thoughts
and feelings.





5. WE CONTROL OUR COMMITMENTS



We can choose our priorities in life.

We can create our own track to run on – slow, medium or fast – in our commitments.



We can determine which warrants the most attention and effort in our life.

priorities

from my list to my life



- God
- Family
- Church



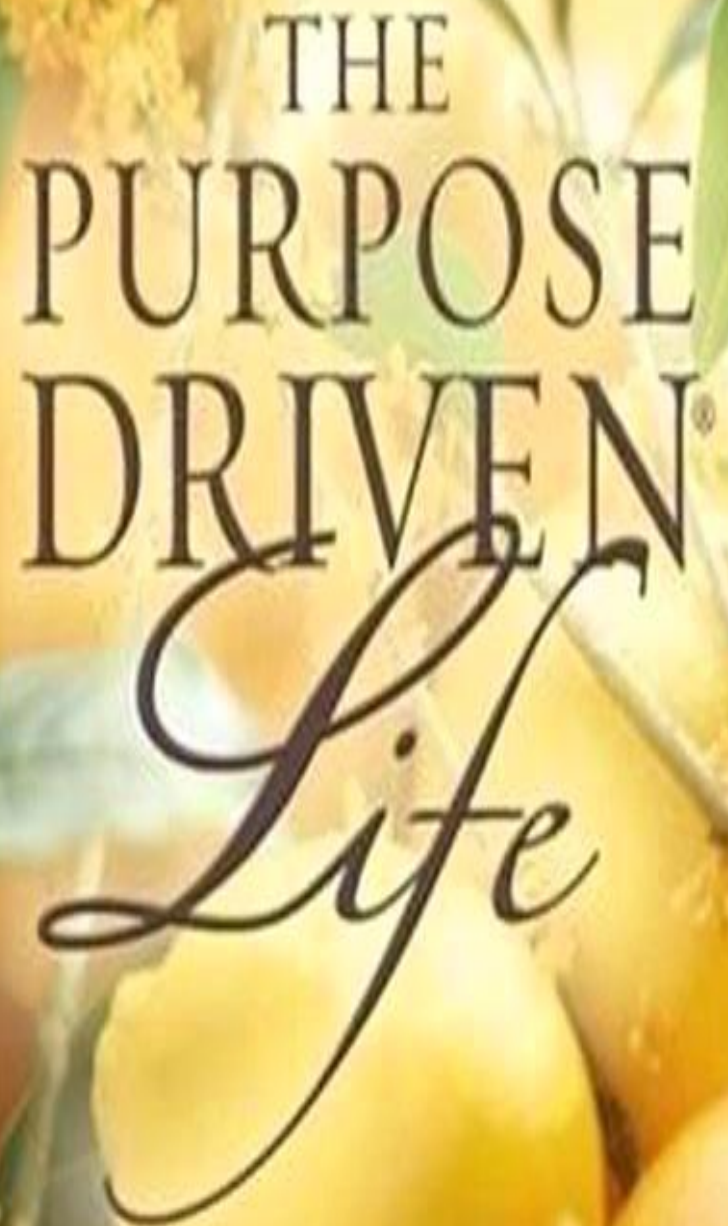
6. WE CONTROL OUR CAUSES



We can set our long range goals in life which become our causes – the things we are most identified with by others.



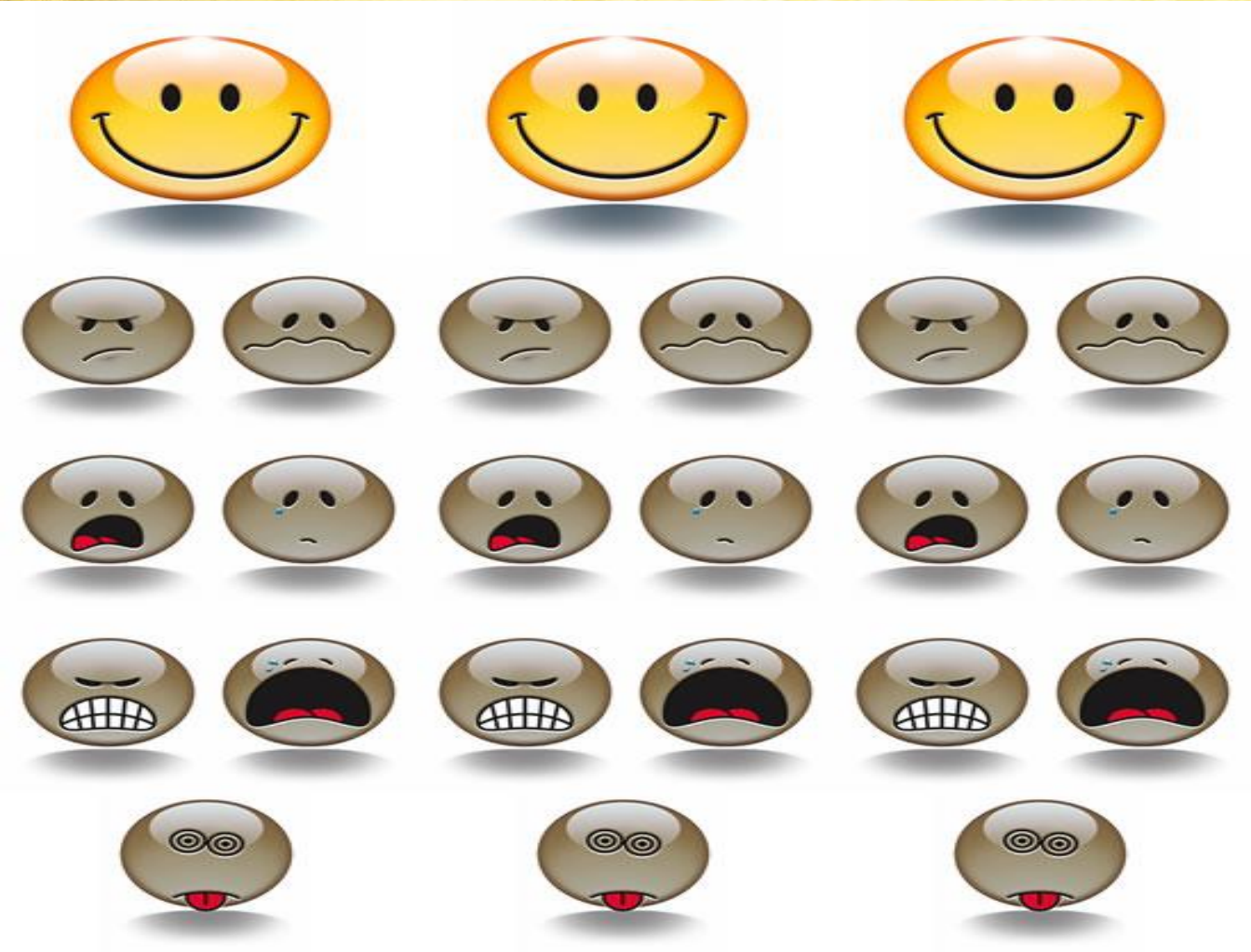
You and I have
worthy causes
and a game plan
for life which
gives us
confidence and
courage.



THE
PURPOSE
DRIVEN[®]
Life



7. WE CONTROL OUR CONCERNS



Most people
REACT
emotionally to
everything they
interpret as a
threat to their
self worth.

FEELINGS & EMOTIONS



GRUMPY
GROUCHY



DEJECTED
DESPONDENT



MISERABLE
DEVASTATED



CONTENT
SATISFIED



AFRAID
TERRIFIED



WOUNDED
INJURED



PEACEFUL
TRANQUIL



CONFUSED
PUZZLED



OVERJOYED
ECSTATIC



FRUSTRATED
IRRITATED



SUSPICIOUS
PARANOID



EMBARRASSED
ASHAMED



ENAMORED
INFATUATED



SURPRISED
SHOCKED



UPSET
AGITATED



EXCITED
ENTHUSIASTIC



MISCHIEVOUS
ORNERY



CURIOS
INQUISITIVE



DETERMINED
RESOLUTE



BORED
DISINTERESTED



FURIOUS
ENRAGED



GLUM
SULKY



PROUD
PLEASED



FEARLESS
UNDAUNTED



NERVOUS
ANXIOUS

Because you and I have a creative self image and deep down feeling of self worth, regardless of what is going on around us – we **RESPOND** rather than react. What concerns us most is the joy of living.



Choose
your
attitude



SUMMARY

1. WE CONTROL THE CLOCK



2. WE CONTROL OUR CONCEPTS



3. WE CONTROL OUR CONTACTS



4. WE CONTROL OUR COMMUNICATION



5. WE CONTROL OUR COMMITMENTS



6. WE CONTROL OUR CAUSES



7. WE CONTROL OUR CONCERNS



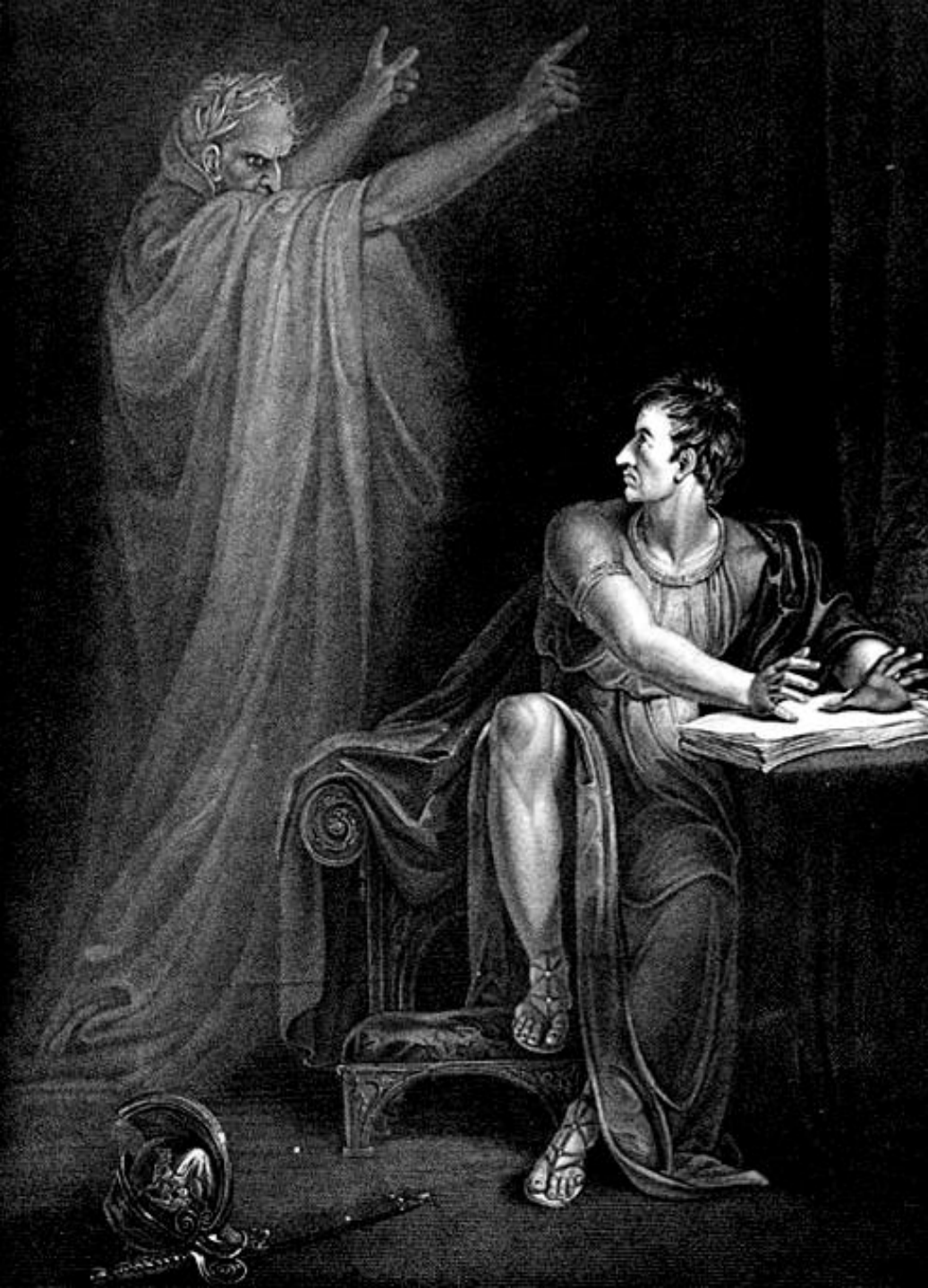
WE REALIZE
THAT

WE ARE
RESPONSIBLE

FOR CAUSING
OUR OWN

EFFECTS IN
LIFE.





THE PROBLEM,
BRUTUS,
IS NOT IN THE
STARS;
BUT IN
EACH ONE OF US!



Shakespeare

FR. LARRY TAN, SDB

INSPIRATIONAL SERIES

