

Step 1: Can I Control It?

People (No)
Move on to Step 2.

Situation (Maybe)
Figure what the outcome is that you can control.
Develop a goal, plan, and assemble your tools.



Step 2: Can I Influence It?

People (Maybe)
Don't try to control them.
Use your influence to help them in a positive way. If you can't move to Step 3.

Situation (Maybe)
Apply your experience, knowledge, or assets to improve the situation.



Step 3: Release It

People
Let go of your emotional or physical involvement by setting up boundaries, taking a step back, or removing yourself.

Situations