



BFLG WELLNESS GUIDE

What's in MY control?	What's in MY influence?	What's NOT in my control?
My actions	My health	The past
My responses	My well-being	My memories
My values & goals	My friendships	Regrets
My boundaries	Relationship dynamics	Their feelings
My beliefs	My reputation	Their thoughts
My choices	Certain aspects of the future	Their words & actions
My perspective	Family dynamics	Their beliefs & behaviour
What I take responsibility for	Work environment	The future
What I focus on	My finances	Their perceptions
How I spend my free time	My peace & happiness	How they process information
How I engage & treat people in my community	Showing gratitude	Their own journey