

### Two Questions That Will Change Your Life

There are two types of problems we face in life: problems we can fix, or at least do something about (maybe you can't fix global warming in one move, but you can definitely do something about it). And problems that are out of our control. We waste a lot of time worrying over things we can't control and not dealing with the things we can. Today, we are going to sort out those two types of problems in our lives. In the box below, list all the problems and troubles you face right now, including big things, like passing high school and getting a job, and small things, like my parents are mad at me and my girlfriend dumped me and my dog died. Put it all down. EVERYTHING.

Now sort these problems into the two columns below. You don't have to rewrite the problem. Instead, use one key word, like "boyfriend", to remind you of the problem.

Problems I can fix or at least do something about.

Problems that right now I can't do anything about.

For now, put a huge X over the second column, "Problems that right now I can't do anything about." Now pick two problems you know you can fix or do something about and decide on an action step you can take immediately.

Problem #1

---

---

---

Problem #2

---

---