



Folding instructions at
www.poweryourmind.org/zine

Some Tools for Trivialities

- Expectations can lead to disappointments.
- Sometimes people do things *that* annoy us, not *to* annoy us.
- Try, fail; try, fail, try, succeed.
- You can't control the outer environment.
- We can't change an event, we can only change our attitude toward it.
- There is no right or wrong in the trivialities of everyday life.



Some Tools for Endorsing

- When you are endorsing yourself, you can't be blaming yourself.
- Endorse yourself when you spot your temper.
- We can decide which actions to take.
- Endorse yourself when you control your thoughts.
- Endorse yourself when you control your impulses.
- Congratulate yourself for the effort, not the outcome.