



The Sunshine State of Mind



Do we give our power away to factors we cannot control, or do we retain it and direct our energy onto the options we can actually control?

Let's consider the axis below.

At any given stage in your life, regardless of the set of circumstances you are dealing with, you can find yourself in one of four mental states:

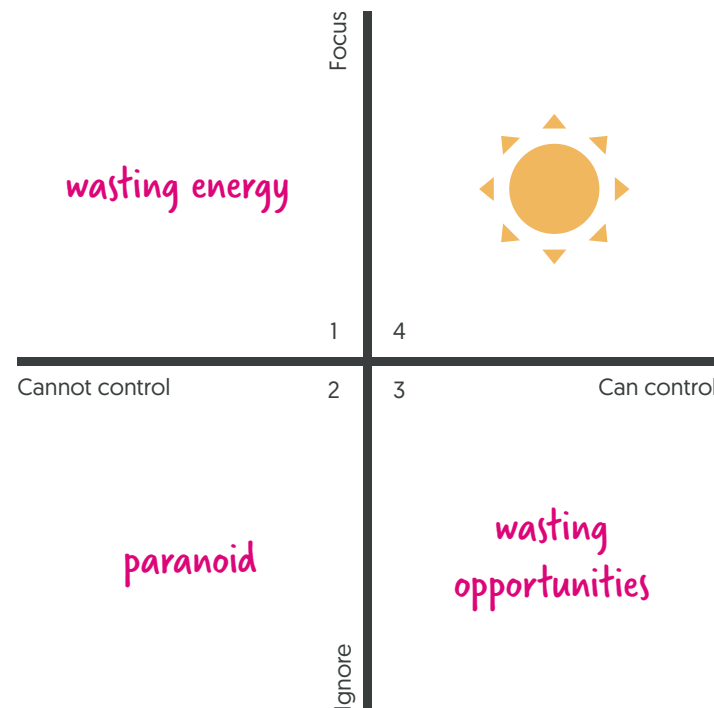
Quadrant #1: Wasting your energy

When you focus on what is not within your control, you're wasting your energy on factors that will not move you forward. This is like having a 2-week holiday booked, which was cancelled due to the pandemic. You can complain all you want, but what's the point – it is draining your energy.

Quadrant #2: Being paranoid

When you ignore what is not within your control, this can lead to unnecessary worry. You shouldn't ignore external factors, instead, accept what is happening externally.

For instance, with this pandemic, it's important we maintain an understanding of the situation and how it progresses because it has implications on our life. Stay educated but don't give the matter your undivided attention as it is outside of your control.



Quadrant #4: In a sunshine state of mind

When you focus on what is within your control, you're in the driver's seat. You're being intentional about your attitude and how you spend your energy. This is where you are being emotionally mature and thinking rationally and clearly in a sunshine state of mind. And what does it do to you? It keeps you positive, energized, and motivated.

Quadrant #3: Wasting opportunities

When you ignore what is within your control, you're flat out wasting opportunities. For example, you cannot control the weather, the laws, the fact that exams are cancelled, but you can control your attitude and how wisely you choose to spend your time.