Sort Your Worries. Focus Your Energy.

The 3 Bucket Rule: what you can control, what you can influence, and what you can let go.



What I can directly control

My actions and choices

My routines and boundaries

Asking for help

Take one useful step.

What I can influence, but not fully control

The tone of a conversation

A shared decision

An outcome I prepare for

Do my part. Allow uncertainty.

What is outside my control

The past

Other people’s choices

Guarantees about the future

Acknowledge. Accept. Let go.

Some things need action. Some need influence. Some need release.

Scan to read more and download your own poster.

guidestate.com/3-bucket-rule