

Things that I'm not concerned of and not interested in, and I don't engage in or spend time with.

Things that I keep myself busy with, even though it doesn't make a difference.

«What is consuming too much time and energy in my life without making a difference or having an impact?»

“How can I free capacities?”

Meaningful Decisions and Action

«What am I constantly putting off that I should actually address, what is (permanently) coming up short?»

“How can I tackle this now?”

Things that I can influence or are my responsibility, but I don't do anything.

Things that I'm concerned of, but I can't change or do anything about. (... yet I could change my attitude towards them)