

Ready to create systems that bring peace and clarity? Book your **FREE** consultation today!

**Light Haus Living's  
Daily Alignment Check**

OUT OF MY CONTROL

IN MY CONTROL

Other  
people's  
actions

The past

My  
thoughts

My  
boundaries

How I speak  
to myself

The  
future

Other  
people's  
opinions

Asking  
for help

How I care  
for my body today

When I  
rest

What others  
choose to heal  
or not heal

How fast things  
change

Outcomes  
beyond my effort

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**LIGHT HAUS  
LIVING**

"Guiding you out of clutter and into clarity."

