As you set goals for yourself, it may be helpful to consider some ideas according to their importance and possibility for change. Here's one tool to help you consider your ideas:

| | Can be changed | Cannot be changed |
|---------------|-----------------------------------|-------------------|
| | | |
| Important | | |
| | (Act on these) | (Accept these) |
| Not Important | | |
| | (Do these only when there's time) | (Ignore these) |