# Step 3: Turning It Over

> *"Demand not that events should happen as you wish; but wish them to happen as they do happen, and you will go on well."*
>
> Epictetus, Enchiridion 8 (tr. Higginson)

Step 3 is a decision, made again each day. Epictetus would recognise it: do your part fully, and let go of the outcome. The reserve clause - "I will do this, if nothing prevents me" - is a small way to practise it.

| WHAT I AM STILL TRYING TO CONTROL | WHAT HAPPENS WHEN I TRY | WHAT LETTING GO WOULD LOOK LIKE |
|---|---|---|
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## The reserve clause

**"I will _____, if nothing prevents me." Write three for tomorrow:**

## My Step 3 sentence for each morning, in my own words



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