

## MY CIRCLE OF CONTROL



In life, there are some things we can control, some things we can only partly influence, and others which we can't control at all.

This sheet will help you think about whether all the things you worry about or feel responsible for are actually within your control.

If they are, you can **take action**. If you cannot control them, do not get stressed about them. If you cannot influence them, do not get upset about it. **Focus on what you can change, not on what you cannot.**

### Things I can't change or influence...

(e.g. the weather, what happened in the past, strangers' behaviour, being made redundant)

