Circle of Control Worksheet

1. List down things that are causing you stress in your life:

________________________________________
________________________________________
________________________________________
________________________________________
________________________________________

2. In the chart below separate those stressors into two lists: what you can control and what you can’t.

<table>
<thead>
<tr>
<th>Things I can control</th>
<th>Things I might be able to change but not right now</th>
<th>Things I can’t change</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
3. Reflect on what matters to you right now and write down a list of things you need to focus on – these are things that matters to you and that you can control at the same time:

What you want to focus on:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Plan of action – things you can do to improve the situation:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Visit Ineffable Living shop for more worksheets: https://payhip.com/IneffableLiving