

# Circle of Control Worksheet

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

---

---

---

---

---

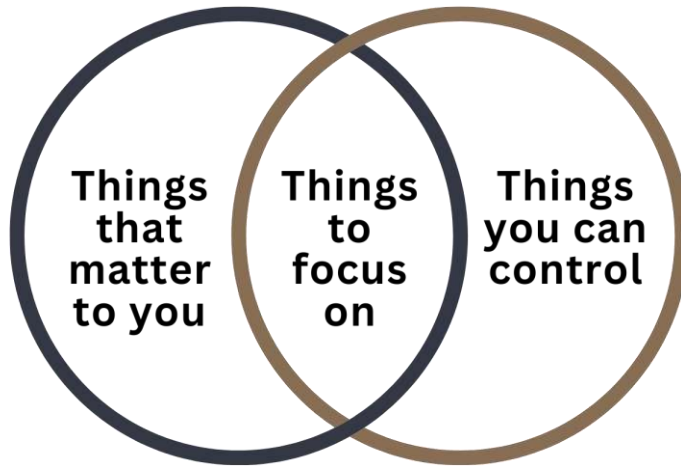
---

---

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

<b>Things I can control</b>	<b>Things I might be able to change but not right now</b>	<b>Things I can't change</b>

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:

---

---

---

---

---

---

---

---

---

---