

Control Or No Control? That Is The Question...

Understanding the areas within our lives that we **do not** have any control over is very important as it allows us to give more effort & attention to those areas that we **do** have control over. Therefore, this would mean we would likely experience fewer worries, better relationships, less stress, more happiness... Sounds good, right?

Use the grid below to list as many areas as possible within your life that you **can** and **can't** control. Think about: Life factors, current situations and circumstances, mental and physical health, education and work, support networks, responsibilities, changes, pressures, relationships, feelings, thoughts, behaviours, choices...

Things That I CANNOT Control

Things That I CAN Control.