

## Circle of Control Worksheet

### Instructions:

This worksheet will help you identify what is within your control and what is outside of it. Follow the steps below to clarify where to focus your energy.

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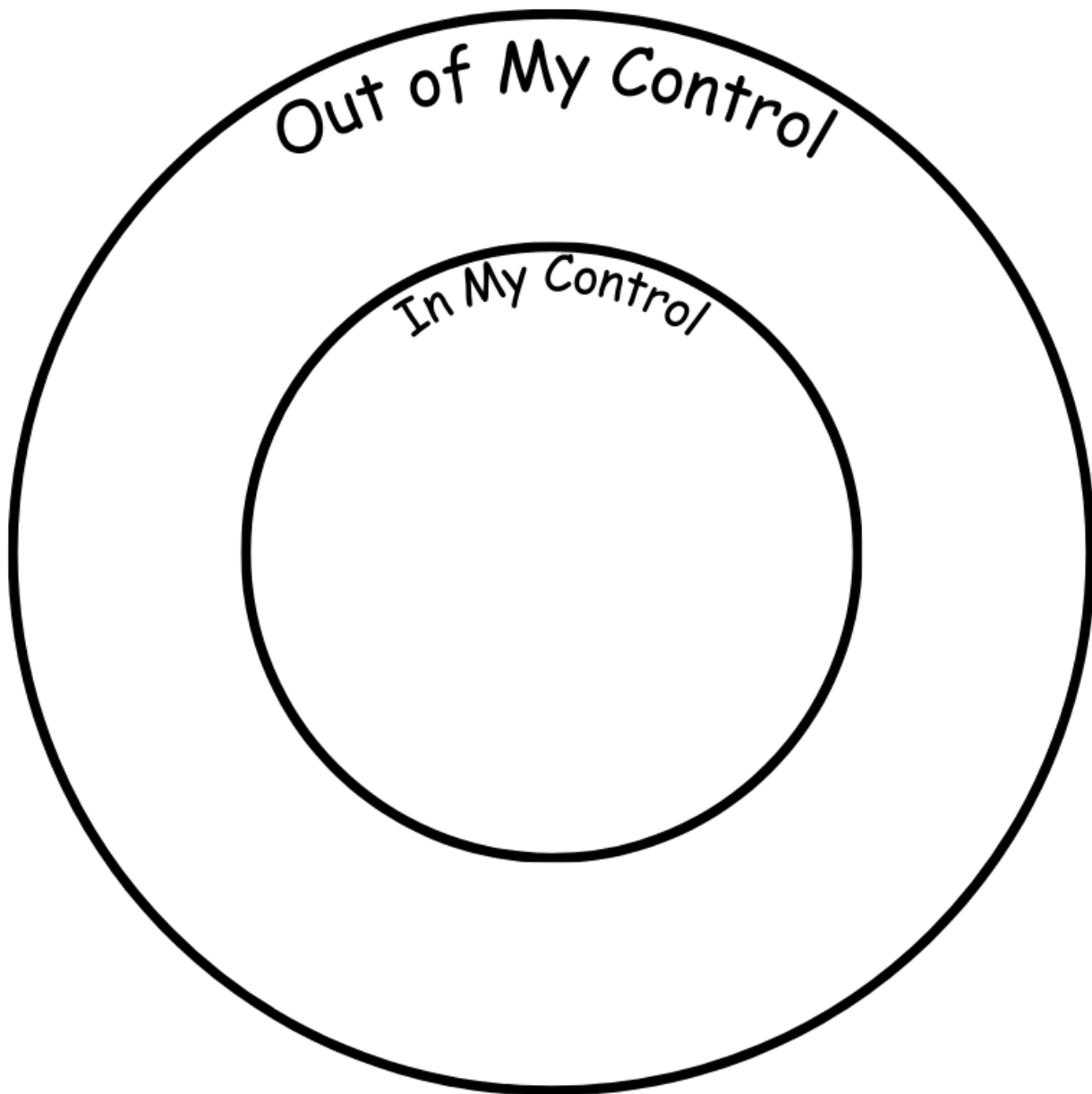
### Step 1: Identify Your Worries

Take a moment to write down what is currently worrying you. These could be big or small concerns related to work, relationships, health, or daily life. Be honest.

### My Current Worries:

## Step 2: Sort Into Two Categories

Draw two circles on a separate sheet of paper or use the space below. Label the inner circle "Things I Can Control" and the outer circle "Things I Can't Control" preferably about the problem from Step 1. Now, categorize your worries from Step 1 accordingly.



**Things I Can Control:**

(Examples: My actions, my words, my effort, my attitude. It is preferable to keep it specific to the problem from Step 1.)

**Things I Can't Control:**

(Examples: Other people's opinions, the past, the weather, traffic. It is preferable to keep it specific to the problem from Step 1)

### **Step 3: Take Action on What You Can Control**

Now that you have identified what is in your control, choose one item from your "Things I Can Control" list and create an action plan for it. Break it down into small, doable steps.

**What I Will Focus On:**

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**Steps I Can Take Right Now:**

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## **Step 4: Let Go of What You Can't Control**

For the items in your "Things I Can't Control" list, take a deep breath and acknowledge that worrying about these won't change the outcome. Write down one way you will shift your focus when these worries come up.

### **How I Will Shift My Focus:**

## **Reflection**

After completing this exercise, reflect on how you feel. Has identifying your circle of control helped you feel more focused and empowered? What did you learn from this exercise?

### **My Thoughts & Takeaways:**

By practicing this exercise regularly, you will strengthen your ability to focus on what truly matters and let go of unnecessary stress. Keep this worksheet as a tool to remind yourself of your power to take control of your own actions and mindset!