

# Circles of Control

This worksheet will help you distinguish between aspects of your life that you can control and those beyond your control. By focusing on what you can control, you'll reduce stress and anxiety while improving your overall well-being.

In the space below, list your concerns, worries, or challenges.

→ \_\_\_\_\_

→ \_\_\_\_\_

→ \_\_\_\_\_

→ \_\_\_\_\_

→ \_\_\_\_\_

Now, for each item, decide which circle it belongs in and write it in the appropriate section:

- Inner Circle: Things you can control
- Outer Circle: Things entirely outside your control

For example,

- Inner Circle (Things I can control): My thoughts, actions, reactions, habits.
- Outer Circle (Things I cannot control): Weather, other people's thoughts or actions, global events.

Remember, by focusing on what you can control and influence, you'll feel more empowered and less stressed. Regularly review and update this worksheet as your circumstances change.

# Circles of Control

**I cannot control**

**I can control**

*(I will try and focus on this)*

*(I will try and let go of this)*

## Reflections

Do you notice any patterns about the items in each circle?

How much time and energy do you spend on items in the Outer Circle?

List three actions you can take to focus more on your Inner Circle:

How might shifting your focus to things you can control improve your well-being?