

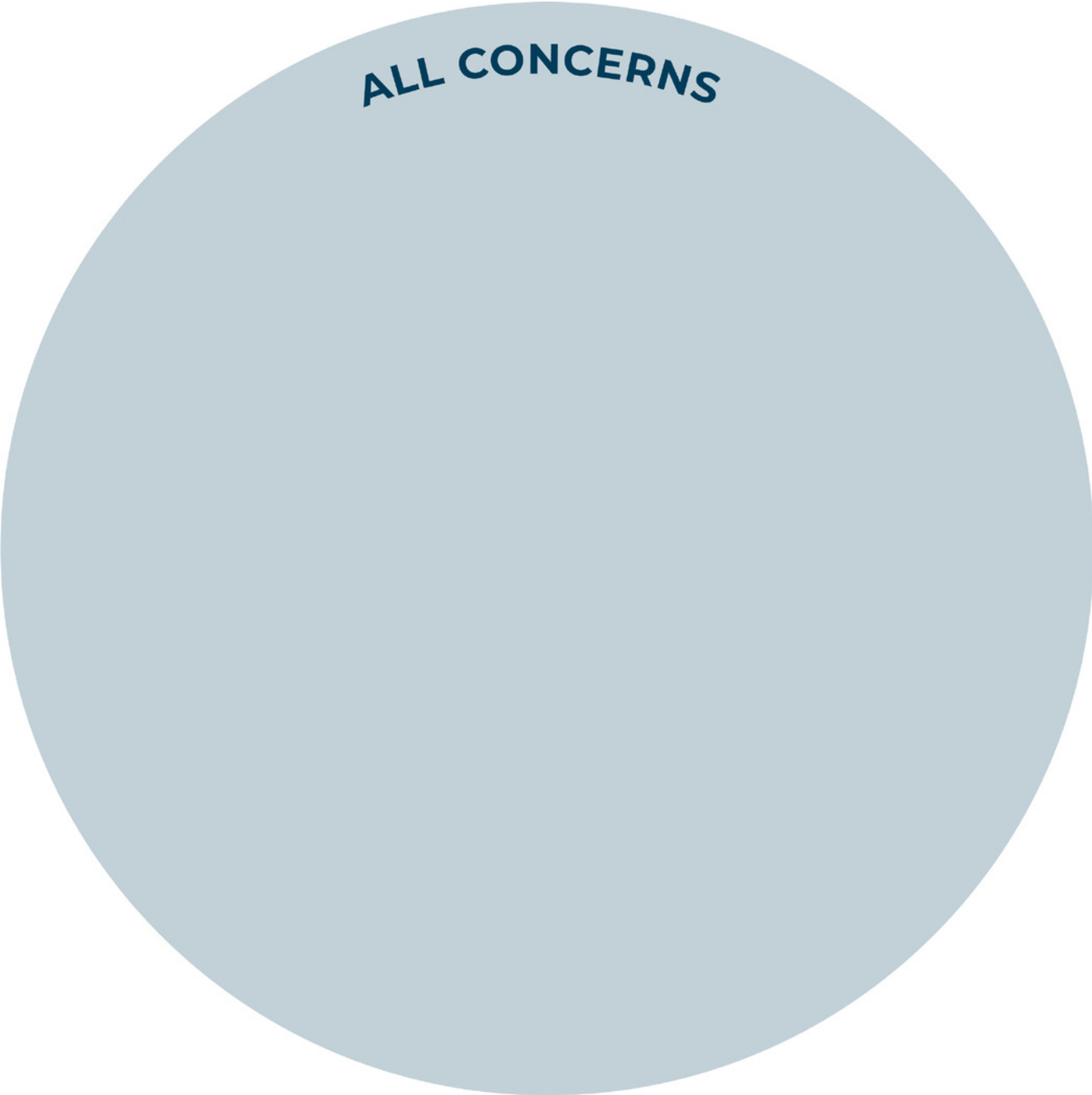
Focus on What You Can Control

Within our control are our thoughts, emotions, and interpretations, as well as our reactions and actions. These are the things that we should focus on and work to improve.

EXERCISE PART 1 - ALL CONCERNS

Use this exercise to categorise your concerns and begin focusing on what you can control:

1. Using Template 1 below, write down all your current concerns within the circle.

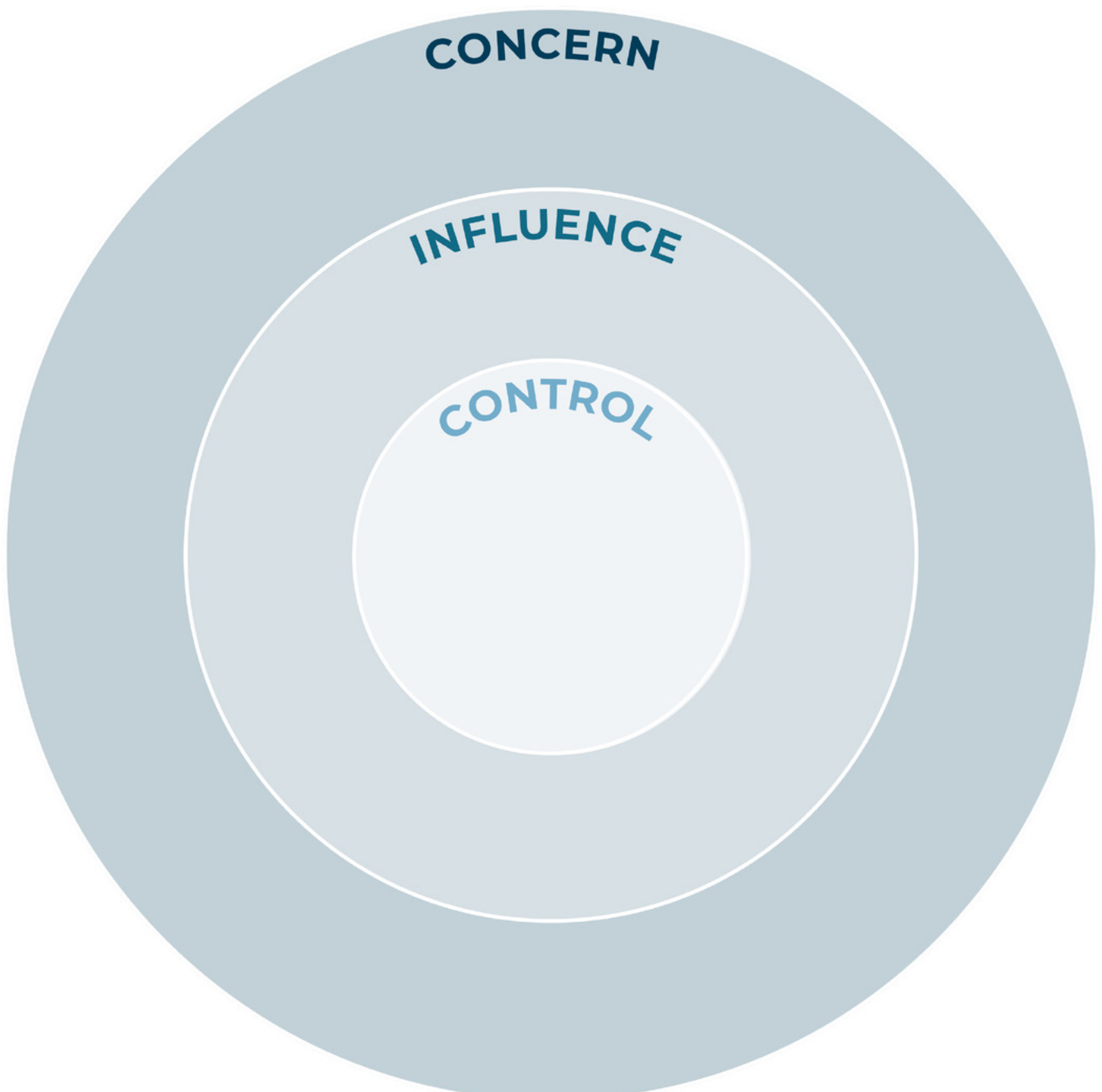


ALL CONCERNS

Template 1

EXERCISE PART 2 - CATEGORISE CONCERNS

2. Using Template 2 below, move the concerns into the 2 new circles as follows:
 - **Your Circle of Influence** - items you can influence / have partial control over the outcome of this through your own actions or behaviour
 - **Your Circle of Control** - items over which you have complete control that you can resolve on your own without needing anyone's help or input.
3. What remains in your original Circle of Concern are the items completely outside your control or influence.
4. Once you've identified your Circles of Influence and Control, shift your energy and attention towards these areas.
5. Identify 2 actions, one from the Circle of Influence, one from the Circle of Control, and write down the steps you need to take and exactly when you will do them- today or in the next few days.
6. Concentrate on actions that you can take to improve your situation, whether it's in your career, relationships, health, or personal growth.
7. For items in the Circle of Concern - accept what you cannot control and learn to live with them.



Template 2