

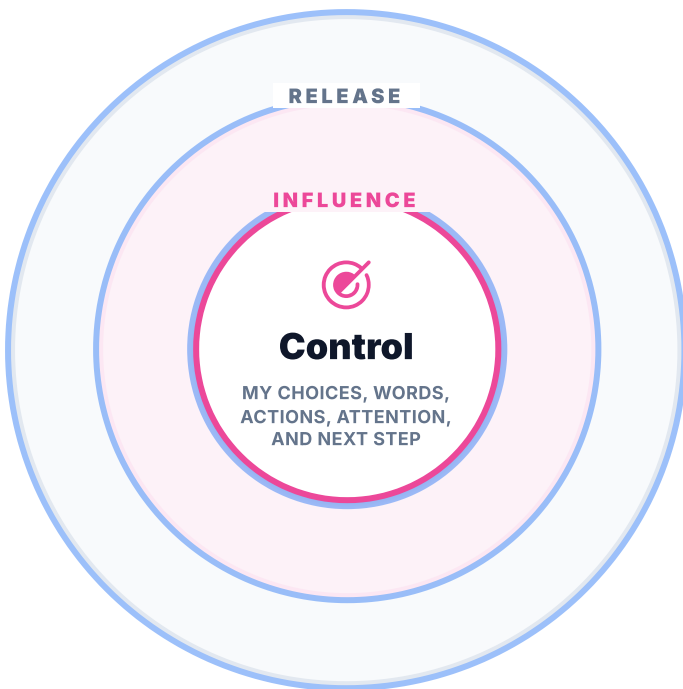
# Circle of Control

Sort worries into what you control, influence, and release

 **THE WORRY I AM CARRYING:**

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### CONTROL

My choices, words, actions, attention, and next step



### INFLUENCE

People I can ask, plans I can prepare, support I can request



### RELEASE

Other people's reactions, the past, uncertainty, and outcomes

**ONE SMALL ACTION INSIDE MY CONTROL:**

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**A PHRASE I CAN REPEAT WHEN MY MIND RETURNS TO THE OUTSIDE CIRCLE:**

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