



Circle of Control

FOCUS YOUR ENERGY. LET GO OF WHAT YOU CAN'T CONTROL. ♥



REMEMBER:

You can't control everything that happens, but you can control how you respond.



Worrying about what you can't control can drain your energy and increase stress. By focusing on what is in your control, you create space for peace, growth, and action.

IN MY CONTROL

My thoughts
My choices
My actions
My attitude
My boundaries
My effort



OUT OF MY CONTROL

Things I cannot control

IN MY CONTROL

Things I can control



What other people think of me

The actions of others

The past

The weather

Other people's feelings

What happens in the future

Other people's opinions

Life's circumstances

The news



OUT OF MY CONTROL

Other people
The past
The future
What others think or do
Life's circumstances



REFLECTION

What takes up too much of my energy that is out of my control?



What is one thing I need to let go of?



BRING IT BACK TO YOU

How can I shift my focus back to what I can control?



What is one action I can take today that supports my goals?



MY COMMITMENT

I choose to focus my energy on what I can control.



Affirmation:

I focus on what I can change, and let go of the rest.



Control what you can. Release what you can't.
Trust the process. Stay focused on you. ♥

