

# IS IT IN MY CONTROL?

Focus on things you can control. Spending time worrying about things that are outside of our control doesn't help and may only make things worse.

## INSTRUCTIONS:

1. Cut out the pieces below, and tape them into a notebook.
2. Write down things you can control, cut them out and put them into the corresponding "bucket".
3. Same with things you can't control. Write them down, put them in the "bucket".
4. Forget about those things that you can't control.

FOLD	<h2>THINGS</h2> <p><i>that are</i></p> <h2>IN MY CONTROL</h2>	FOLD
CUT	FOLD	CUT

FOLD	<h2>THINGS</h2> <p><i>that are</i></p> <h2>OUT OF MY CONTROL</h2>	FOLD
CUT	FOLD	CUT