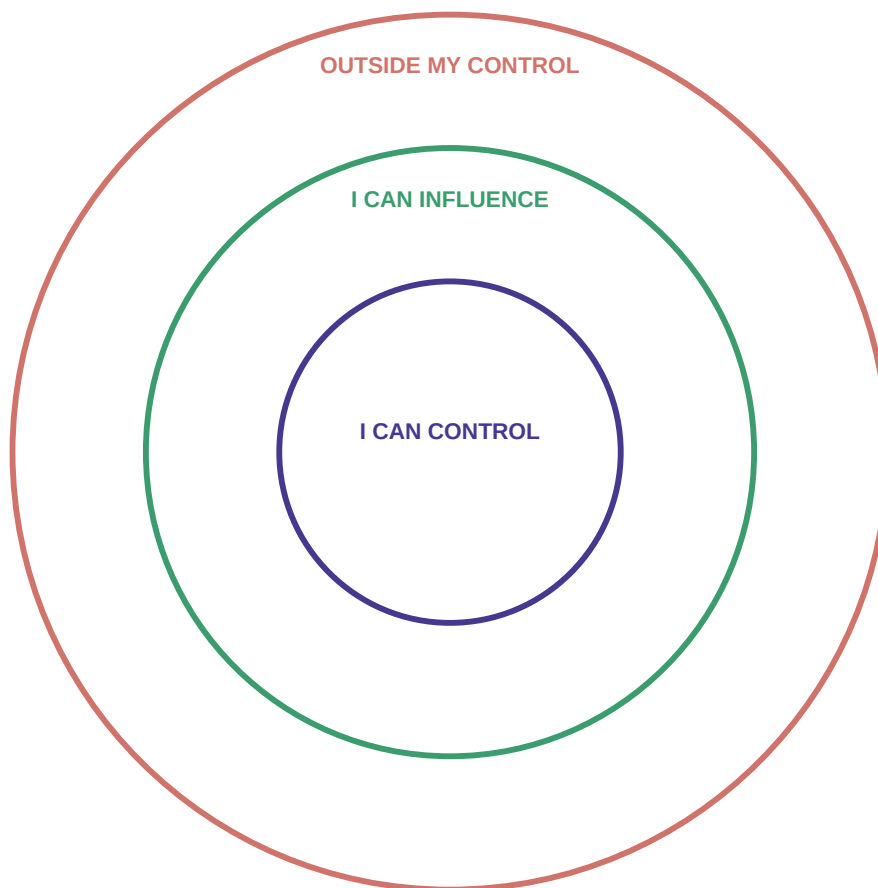


The Control Circles

When a lot feels uncertain, our attention can get pulled towards things we cannot change. This activity can help separate what is yours to influence from what is outside your control, so you can decide where your energy may be most useful right now.

Place what is on your mind into the circles

Write • draw • use symbols • add the same thing to more than one area if that feels accurate



Examples might include other people's choices • asking for support • my own next action

Where could I place a little more of my energy?

What might I practise letting sit outside my control?

**You don't have to stop caring about something to recognise that it isn't yours to control.
Your energy can still be directed towards the part that belongs to you.**