# CIRCLE OF CONTROL

## *Identify what you should spend your energy on – things within your circle of control*

**Outside of your circle of control:** Everything else!

*Fill in things that are within and outside of your circle of control:*

|  |  |
| --- | --- |
| Things you **can** control | Things you **cannot** control |
|   |   |

Check Skill #4 for examples!