

WHAT DO I HAVE CONTROL OVER?

NO CONTROL



THINGS I WORRY ABOUT THAT ARE OUT OF MY CONTROL

- 1 _____

- 2 _____

- 3 _____

- 4 _____

- 5 _____

- 6 _____

- 7 _____

- 8 _____

- 9 _____

- 10 _____

CONTROL



THINGS I WORRY ABOUT THAT I HAVE CONTROL OVER

- 1 _____

- 2 _____

- 3 _____

- 4 _____

- 5 _____

- 6 _____

- 7 _____

- 8 _____

- 9 _____

- 10 _____

PART 2: I HAVE CONTROL OVER MY LIFE

WHAT ARE SOME WAYS I CAN ACCEPT THE THINGS I CANNOT CONTROL?
(FOR EXAMPLE: FORGIVE, SET A BOUNDARY, PRACTICE SELF-CARE, PRAY, ETC.)

WHAT DO I NEED TO DO ABOUT THE THINGS I CAN CONTROL? (LIST ACTION
STEPS TO TAKE AND BE SPECIFIC.)
