Concern and Control

Most of what we worry about is actually out of our control. They may be things that we're not directly involved in, or which we can't change at all, and yet worrying about them is robbing us of our happiness. Below there are two circles. In the first, write down any concerns you have but which you can't change or control- know that giving the things in this circle less of your focus will help to make you happier. They may be news events, global warming, politics, the past. In the second circle, write the things you can control in your life. Worrying about these is okay, so long as it leads to proactive change. If these things are making you unhappy, do something about them. You are not a tree, and you always have the power to move forwards.



