

Journal Prompts: Circle of Control

Identifying What You Can Control:

1. What aspects of my life am I currently stressing over? Are these things within my control?
2. What things can I control in this situation? What is completely outside of my control?
3. What do I wish I could control right now, and why is it difficult for me to let go of this desire?
4. How do I feel when I focus my energy on things I cannot control? How does it affect my mood and energy levels?
5. When I think about the things I can control, how do I feel empowered or capable in these areas?

Reflecting on Your Circle of Control:

6. How do I define my "Circle of Control"? What falls within it and what falls outside of it?
7. How do I typically respond when I focus on things outside of my control? How does this affect my mental well-being?
8. What are some examples of things I've successfully controlled in the past that have had a positive impact on my life?
9. What small actions can I take today that fall within my Circle of Control to improve my current situation?
10. How can I remind myself to focus on the things I can control, especially when I feel overwhelmed by things outside my control?

Shifting Focus to What You Can Control:

11. What are some healthy boundaries I can set around things outside of my control to prevent unnecessary stress?
12. How can I start to release control over things that I cannot change, and instead, put my energy into what I can influence?
13. When I focus on what I can control, what positive changes do I notice in my thoughts, feelings, and actions?
14. How can I shift my mindset to embrace the things I can control, rather than feeling powerless about the things I cannot?
15. What daily habits or actions can I incorporate into my life that are within my control and will help me feel more grounded and focused?

Empowering Yourself in the Present Moment:

16. What is one thing I am worried about right now that is outside of my control? How can I reframe my thinking about it?
17. How can I approach challenges by first considering what's within my control, and then addressing those areas first?
18. What are some things that fall within my Circle of Control that I could do more of to improve my quality of life?

19. How can I practice mindfulness to stay present and focused on what I can control rather than fixating on external circumstances?
20. How does letting go of things outside of my control allow me to feel more peaceful or less anxious?

Reflecting on Progress:

21. How have I successfully let go of things outside of my control in the past? What helped me do this?
22. How can I continue to strengthen my ability to focus on what I can control, rather than trying to control everything around me?
23. In what ways can I build a stronger sense of self-efficacy by focusing on the areas in my life that I can actively influence?
24. How does focusing on what I can control help me feel more empowered, peaceful, or productive in my daily life?
25. What is one thing I can do today to empower myself by focusing on what I can control, no matter how small the action?