

The Stoic Challenge Worksheet

Instructions: Think of a current challenge or situation that you are facing. It could be related to school, relationships, personal goals, or anything else. Then, work through the worksheet below to identify what is within your control and what is not.

Challenge: Describe the challenge or situation briefly.

The Challenge

What's Inside My Control: List aspects of the challenge that you have control over. These are things you can influence or change through your actions or decisions.

Inside My Control
1. _____
2. _____
3. _____
4. _____

What's Outside My Control: List aspects of the challenge that you cannot control. These are external factors, the actions of others, or elements beyond your influence.

Outside My Control
1. _____
2. _____
3. _____
4. _____

Reflection: Considering the aspects within your control. How can you take action or make decisions to positively impact the challenge? Considering the aspects outside of your control. How can you accept or adapt to these elements without letting them negatively affect you?



Action Plan: Based on your reflections, outline one or two concrete actions you can take to address the challenge.

Action Steps	
1.	_____
2.	_____

Conclusion: Understanding what is within your control and what is not is a key principle of Stoicism. As you face challenges, remember to focus your energy on the things you can change, and practice acceptance for those you cannot. This mindset can lead to greater resilience and peace of mind.

