



CIRCLE OF CONTROL

Making Progress Visible.

S3-004

STUDENT _____ DATE _____ SESSION _____

BEHAVIOR OF FOCUS _____

Some things are within our control, and some things are not. Focusing on what we can control helps us reduce stress and take positive action.



I CAN CONTROL

Things I can influence
or have power over.



I CANNOT CONTROL

Things that are outside of
my control or influence.



WHAT WILL I FOCUS ON TODAY?

Choose 1–3 things from the "I Can Control" list to focus on.

1

2

3



HOW CAN FOCUSING ON WHAT I CAN CONTROL
HELP ME?



A REMINDER TO MYSELF

A helpful thought I can come back to.

NEXT ACTION _____ FOLLOW-UP _____