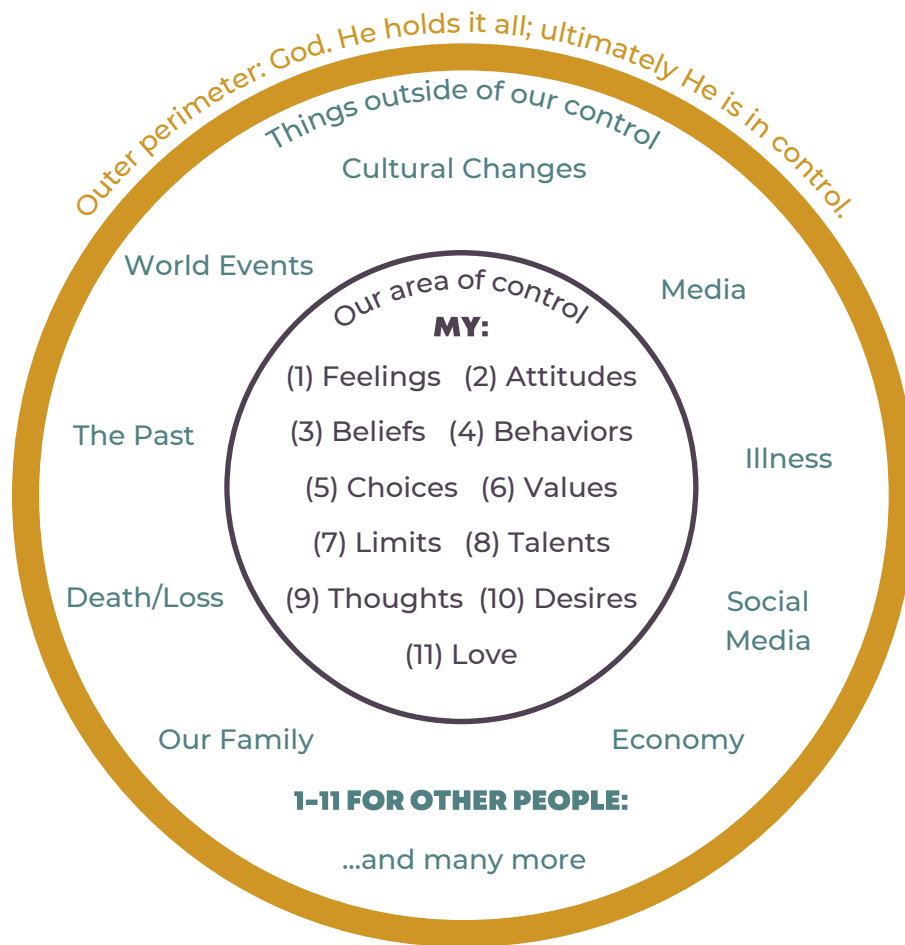


# CIRCLE OF CONTROL

Reduce anxiety and overwhelm by choosing to focus on what you *can* control.

Too often we spend our mental energy on things we can't control leaving us anxious, overwhelmed, hopeless, and exhausted. Use the Circle of Control to find the freedom that comes when we release what was never ours to "own!" We can't always control what happens to us, but we can control how we think about it and respond. Where do you want to spend your energy? You have a choice!



## How to use the Circle of Control:

1. Notice when things in the outer circle contribute to stress or anxiety. Intentionally pivot your attention and energy to focus on something in the inner circle.
2. When things feel out of control, or in a moment of anxiety, overwhelm or hopelessness, draw an empty set of circles. Write out what is currently in the outer circle (be specific for your situation) and what is in your inner circle of control. Choose something from the inner circle to focus on.

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