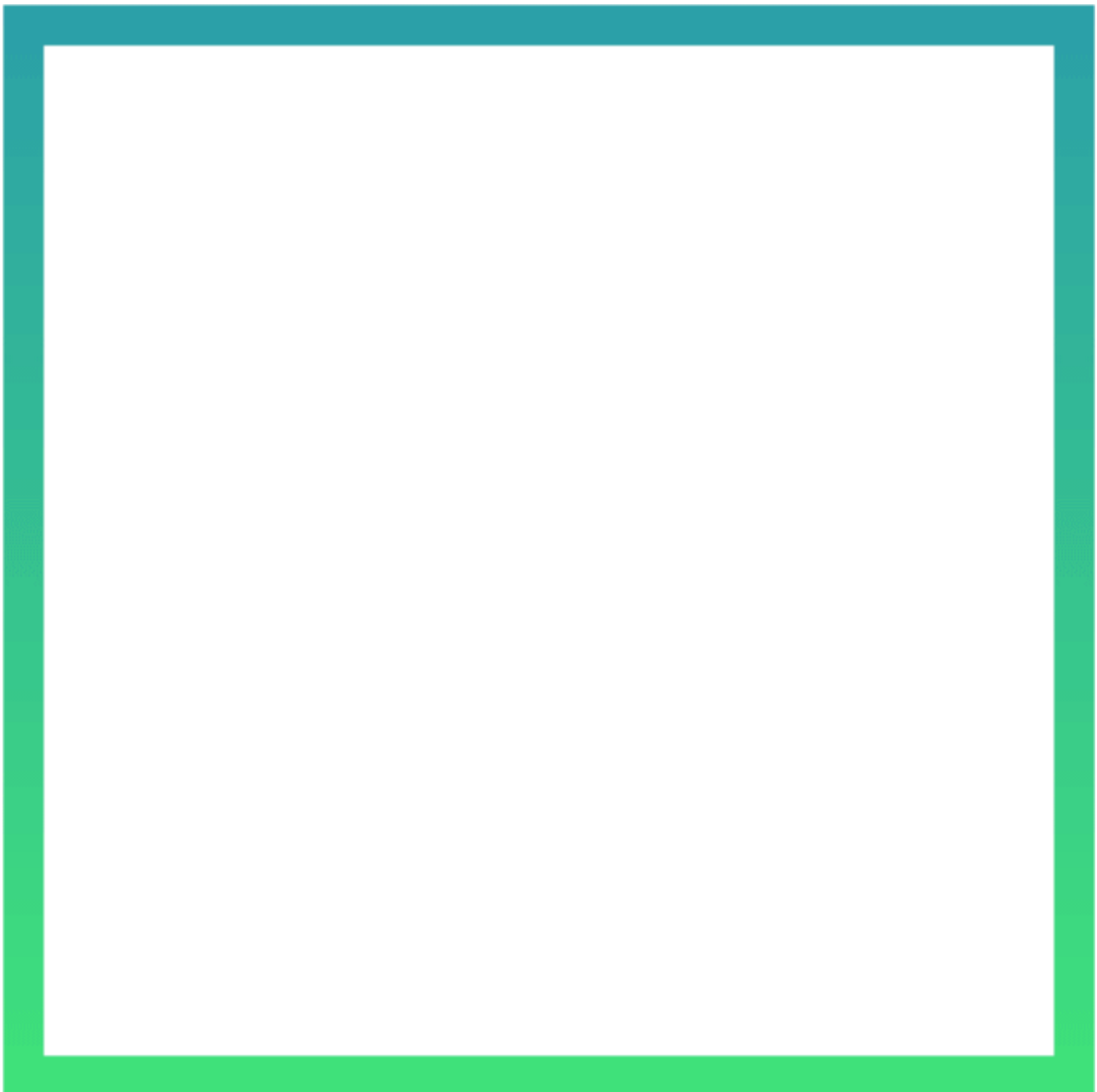


Circles of Control: 1

1. Are you going to work on circles of control in your whole life, or a specific area (e.g. school or work)?
2. In the square below list all your concerns, worries, or frustrations. Take 10-15 minutes and let it flow!



Circles of Control: 2

Follow the instructions on the next page to create your circles of control.



Circles of Control: 3

1. On page 1, use a blue coloured pen to draw a circle around all the areas or concerns over which you feel you have absolutely no control whatsoever.
2. Copy the items circled in blue into the outer area (the square) on the outside of your circles of control - page 2.
3. Use the green pen to circle the items over which you feel you have a little control. You do not feel you have complete control over these areas but you have some influence.
4. Next, looking at the areas over which you have some control, are there smaller parts of these areas which you can fully control? For example, you may not be able to fully control how much sleep you get, but you can fully control your bedtime wind-down routine. Add more items to page 1 as you think of them.
5. Copy the items circled in green into the outer circle on page 2.
6. Finally, you should be left with areas that you feel you have a lot of control over. Circle these in red, and transfer them to the inner circle of your circle of control template. Then turn to page 4!

Circles of Control: 4

Now, write down 2-3 actions you can take from the inner circle, that will make you feel strong and empowered straight away.

Your actions don't need to be big or grand. In fact, small actions are more manageable and will give you a sense of achievement more quickly.

It's better to take regular small, consistent actions, than to set huge goals with a high risk of failure.

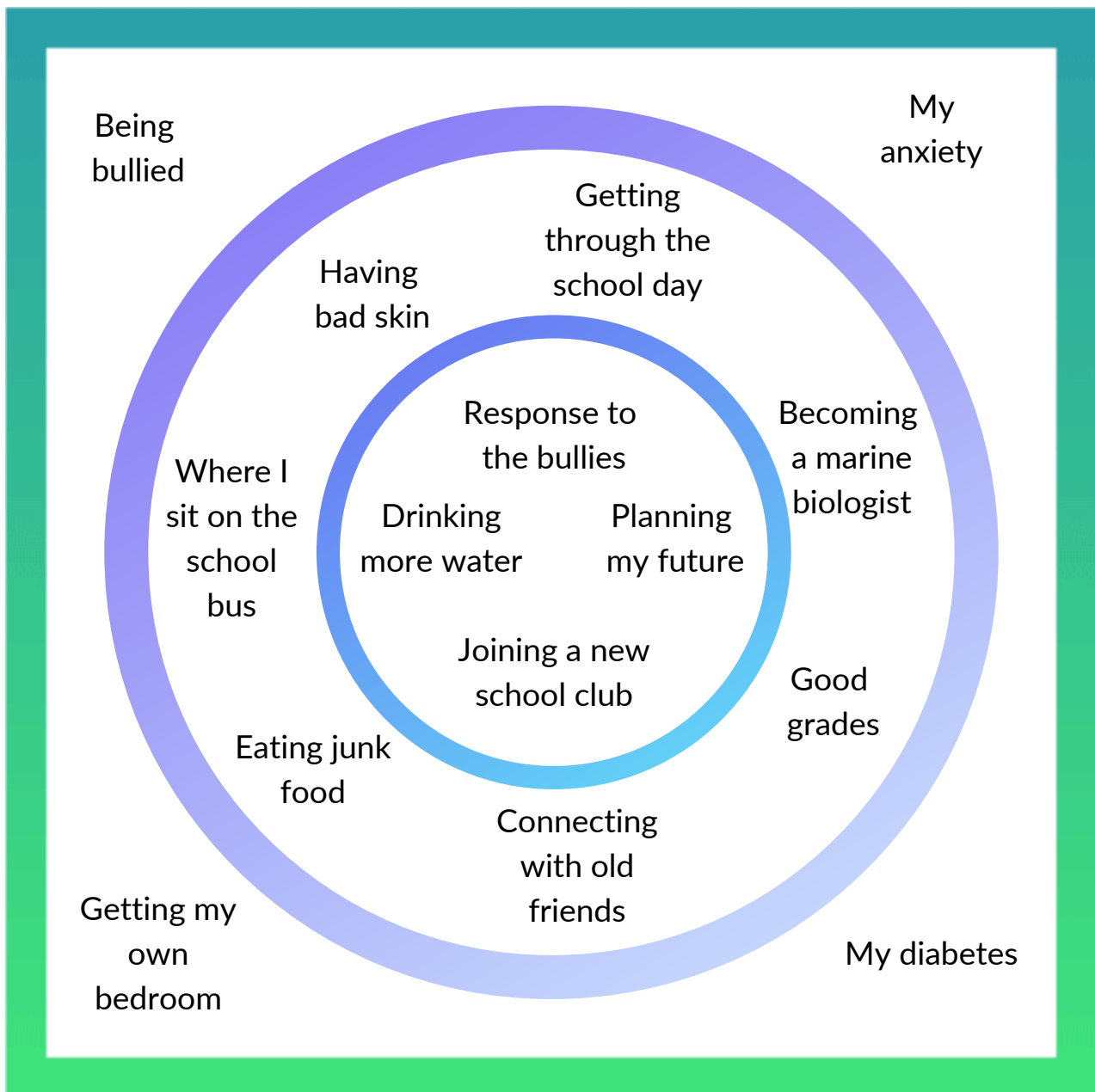
ACTION 1

ACTION 2

ACTION 3

Circles of Control: 5

Example: Elise, aged 14



Circles of Control: 6

Example: Sarah, mum of 3

