

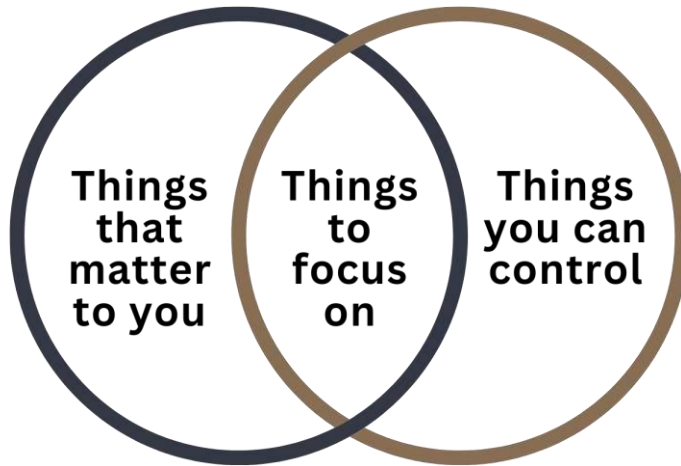
Things I Can Control Worksheet

1. List down things that are causing you stress in your life:

2. In the chart below separate those stressors into two lists: what you can control and what you can't.

Things you can control	Things you can't change	Things you might be able to change but not right now

3. Reflect on what matters to you right now and write down a list of things you need to focus on – these are things that matters to you and that you can control at the same time:



What you want to focus on:

Plan of action – things you can do to improve the situation:
