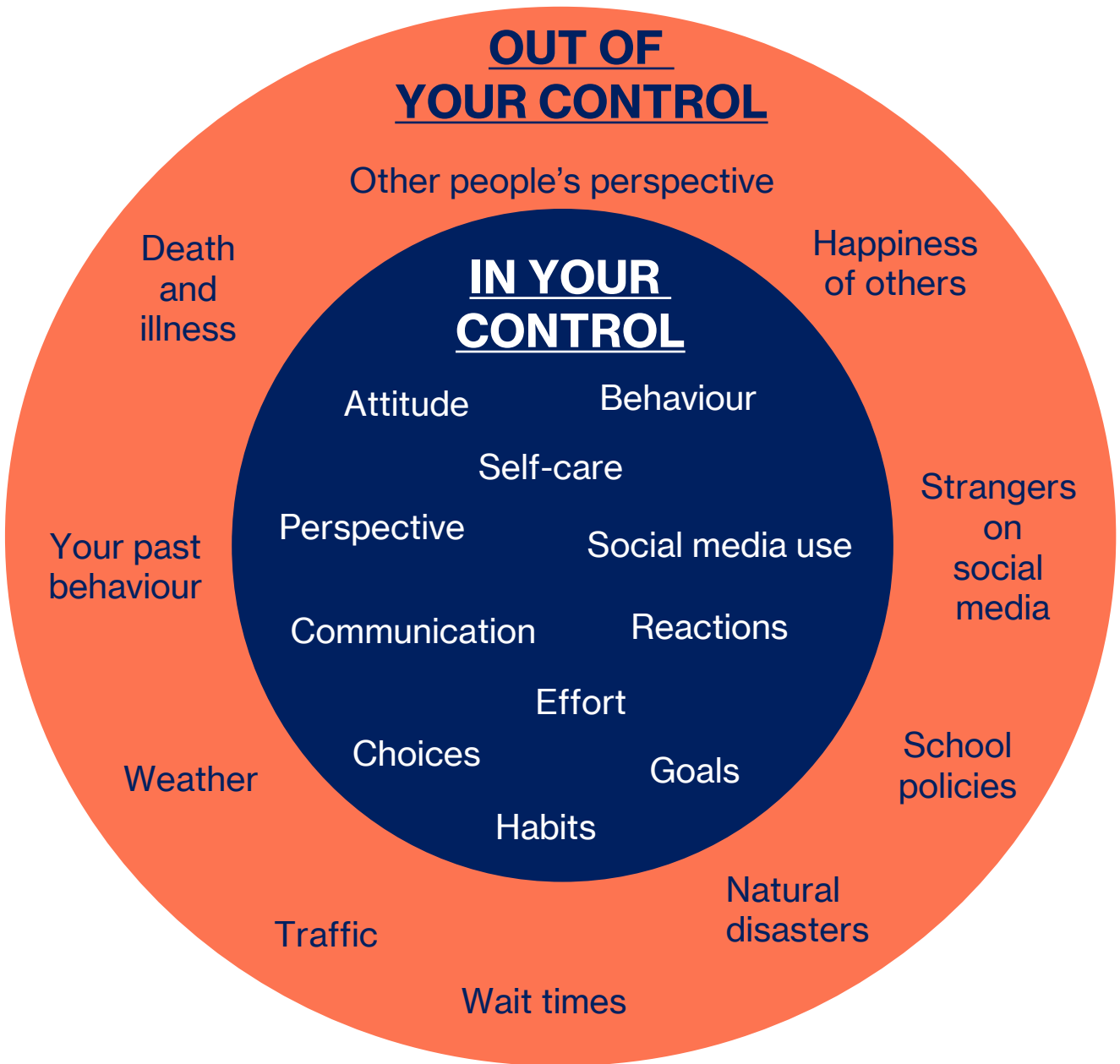


# Circle of Control

Worksheet: This worksheet helps you to focus on what is within, and outside your 'circle of control' which can reduce stress and improve your problem-solving abilities



Brain  
Connect



When you're facing a problem, take a moment to pause and ask yourself

“What’s one thing I can control in this situation?”

# Circle of Control

Worksheet: This worksheet helps you to focus on what is within, and outside your 'circle of control' which can reduce stress and improve your problem-solving abilities



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What are some of the things in your life right now that are outside of your Circle of Control, and how can shifting your focus to what you can control change your approach to challenges?

