

THINGS I AM CONCERNED ABOUT BUT ARE OUT OF MY CONTROL

Other people

The weather

THINGS I CAN CONTROL

How much rest I have

What I spend my money on

Natural disasters

What time I get up

What I watch on TV

What I eat

What exercise I do

Global pandemic

Where I can go

What I read

How I spend my time

My actions

World events

My words

Stock market

Politics

The things outside of our control concern us, but we have very little influence over what happens.

If we can divert our attention to focus on all the things we are able to control day to day, that can help us feel empowered and more confident. This is especially important in these uncertain times.

You have the power to **choose** to focus on the things within your control.

You can print this page or draw
your own—try to focus on the
things that are within your control

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BUT ARE OUT OF MY CONTROL**

THINGS I CAN CONTROL