

What I Can Control

Sorting what I can act on from what I cannot change

Not everything that concerns us is within our power to change. Learning to separate what you can influence from what you cannot is a small shift that can ease anxiety, restore a sense of agency, and help you spend your energy where it can actually make a difference.

WITHIN MY CONTROL

Things I can choose or directly affect through my actions, choices and responses.

Examples — how I respond, my effort, how I spend my time, the boundaries I set, asking for support.

OUTSIDE MY CONTROL

Things I cannot change, however much I worry, plan, or try. I can notice them and choose how to respond.

Examples — other people's opinions, the past, uncertain outcomes, decisions that belong to someone else.

THINGS I CAN CONTROL

WHAT IS WITHIN MY REACH?

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

THINGS I CAN'T CONTROL

WHAT IS OUTSIDE MY REACH?

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

REFLECTION

- What do I notice as I complete this?
- Where could I loosen my grip on unhelpful worry?
- What is one thing within my control I can act on today?
- How can I be gentle with myself about what I cannot control?

REMINDERS

- I cannot control everything, and that is alright.
- I get to choose where my energy goes.
- Letting go is not giving up — it is making room for what I can do.
- A quieter mind comes from focusing on what I can influence.

SOURCE

Adapted from the Circle of Control / Circle of Influence framework introduced by Covey, S. R. (1989). *The 7 Habits of Highly Effective People*. Free Press.
Additional clinical framing informed by Acceptance and Commitment Therapy (Hayes et al., 2012).

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