

RED2BLUE CONTROL CIRCLES[©]

1. In the right hand circle, write in what you have control over.
2. In the left hand circle, write in what you don't have control over.
3. Reflect on what happens when your attention stays on what you don't have control over.
How does having clarity around this help?
4. In the middle circle, write down what you can influence. Reflect on how you might do this.

CAN'T CONTROL

CAN INFLUENCE

CAN CONTROL

