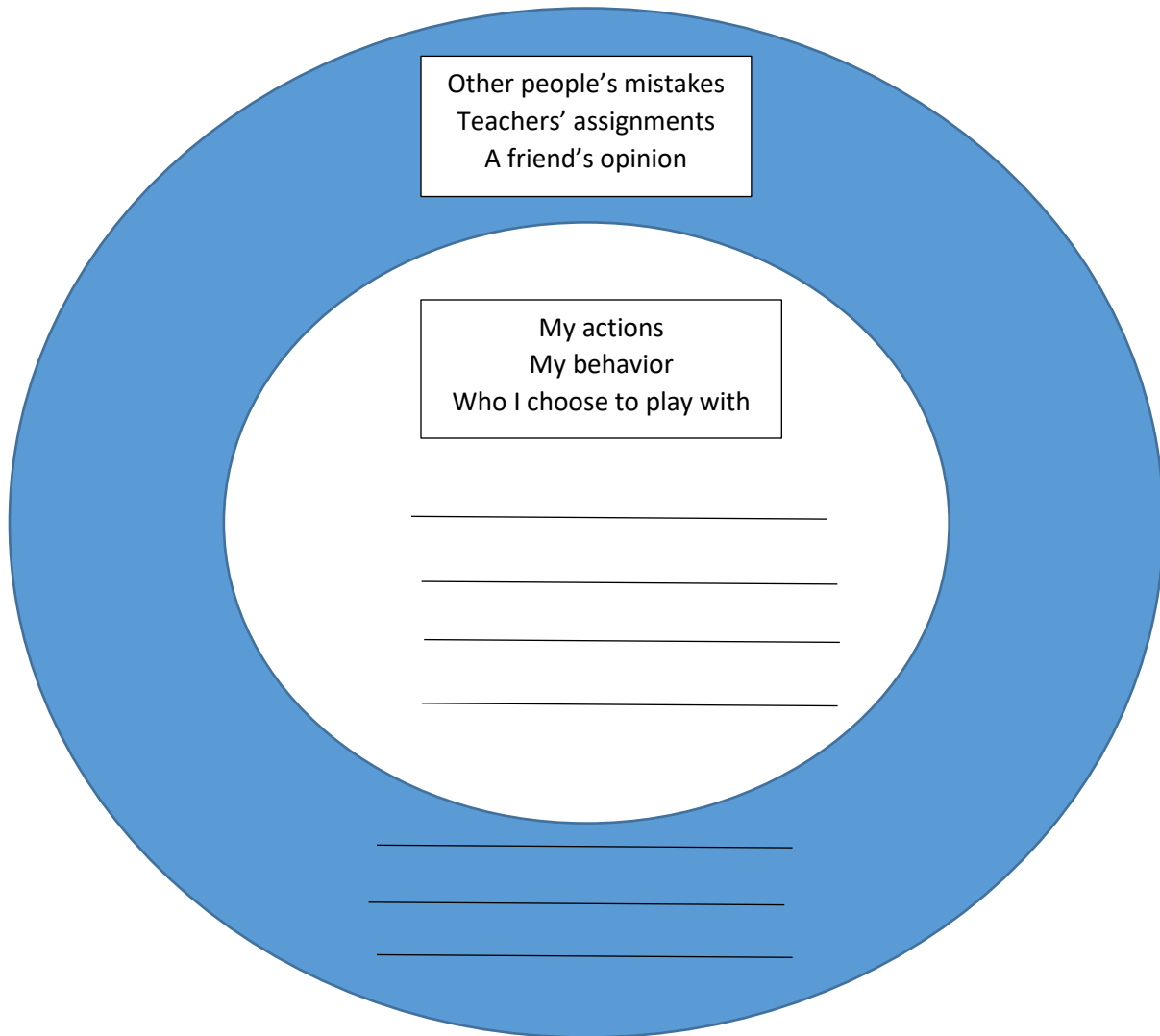


Center of Control

Some things are in your control, meaning you can change them, while other things you cannot control. For example, you have a baseball game but it begins to rain right before - you cannot control the weather. An example of something you CAN control is how you react when you are angry, upset, or stressed.

To see the difference between things we can control and things we cannot control, let's create a control center. I have created a diagram of how this will look for you (see below).



1. In the middle circle, write four things you CAN control.
2. In the outer ring, write some things you CANNOT control.
3. Look over the things you can control. How can you control them in a positive way?
4. Look over the things you can't control. What solutions can you come up with to react in a positive way?