

# Things I can NOT control

(I can let go of these things)

Other people's  
thoughts and  
beliefs

The past and the  
future

# Things I CAN control

(I can focus on these things)

The boundaries I set

My goals

My thoughts

My beliefs and  
values

Who I spend my time with

My actions

How I spend  
my spare time

My self-care

Who I follow on  
social media

The media/news

Predicting what  
will happen

Other people's  
actions

Add in your own things to  
each section!

