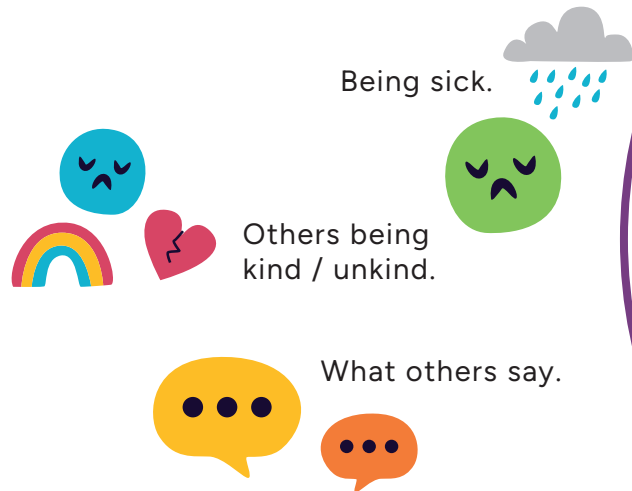


MANAGING STRESS - CIRCLE OF CONTROL

20 THINGS I CAN CONTROL

1. Working hard.
2. When I listen to others.
3. Loving myself and others.
4. Choosing to think before I speak.
5. Being in my space.
6. Being kind to others.
7. How I treat others.
8. How I respond to challenge.
9. Respecting property.
10. Being honest.

11. Forgiving.
12. Taking care of myself.
13. Whom I ask for help.
14. My goals.
15. How much exercise I do.
16. Friends I choose to have.
17. Saying please and thank you.
18. When I practise gratitude.
19. How organised I am.
20. If I choose to react or not.



1. The weather
2. Past mistakes.
3. Appearance.
4. My family.
5. What other people say.
6. Who my friends choose to hang out with.
7. What other people feel.
8. How others treat me.
9. Others being honest.
10. What others like and dislike.

11. Other people's decisions.
12. Others asking for help.
13. Who loves me.
14. Others forgiving me.
15. Who likes me.
16. Other people's mistakes.
17. Other people's motives.
18. Predicting what will happen.
19. Others being kind.
20. Others thoughts.

20 THINGS I CAN NOT CONTROL