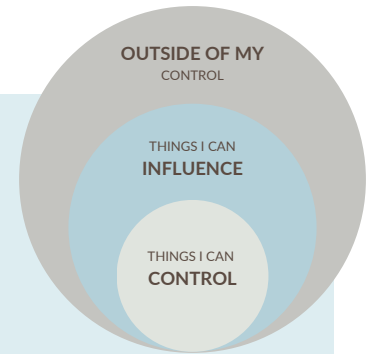




THE COACHING GROUP

WHAT CAN I CONTROL?

THIS EXERCISE WILL HELP YOU DISTINGUISH BETWEEN WHAT YOU CAN CONTROL AND WHAT YOU CANNOT, RELEASING YOU FROM WORRY OVER THINGS YOU CAN'T CONTROL AND EMPOWERING YOU TO TAKE CHARGE OF THE ASPECTS OF YOUR LIFE THAT ARE WITHIN YOUR GRASP.



Things I can control

Things I can influence

Outside of my control

