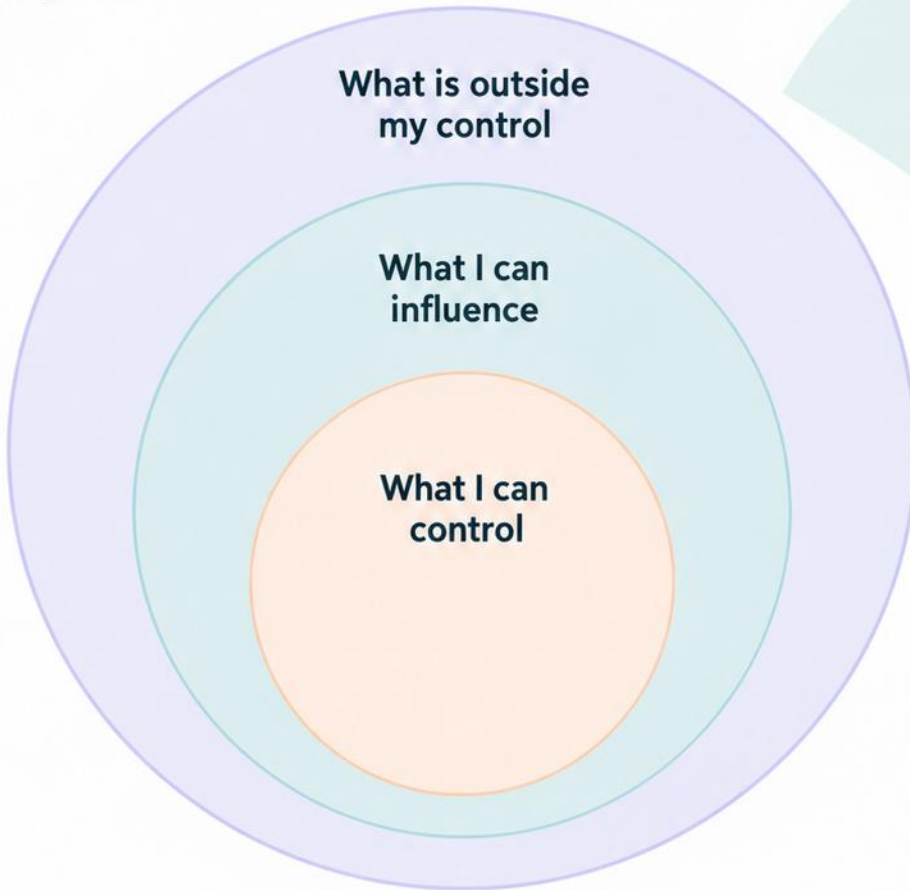


My Circle of Control

Sorting what I can control, influence or let go

Use the circles and prompts below to think about where your energy might be best used right now.



1 What helps when something feels outside my control

2 One next step I can take