

Circle of Control

What's outside my control:

Family I was born into
& my genetics

My past behaviors & decisions

Others asking for or granting me forgiveness

Traumatic experience

What others say

Pandemic, illness

How others act

People's
happiness or
well-being

What's in my control:

Past events

My actions, words, & decisions

The kinds of relationship I want to have with my
family, friends, coworkers, classmates, etc.

Death

Improving my mental health & healing from my trauma

Time

How I handle my emotions & using my coping skills

War

Establishing & enforcing my boundaries

The company I keep

Educating myself & others about body inclusivity/body neutrality

Amount of effort I put in to something

How I treat others

Asking for or extending forgiveness

How I let others'
actions affect me

How I treat or think of myself

Taking care of myself: sleep, rest, food, hydrating,
movement, taking meds, setting up appointments
with healthcare providers, etc.

The future

How I choose to spend my time

Diet culture

How I want to express myself

What others think

My attitude

How others feel

The weather & natural disasters

Whether or not others respect my boundaries

Health conditions I was born with

How others treat me

Circle of Control

What's outside my control:

What's in my control: