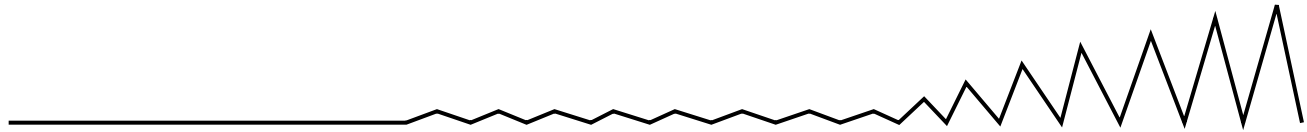


WORKSHEET

Take control of your life

1 Assess



What is fully within your control?

What are the things that you can influence?

What is outside of your control?

2 Reallocate

Where are you putting energy into controlling things that are outside your control?

How could you reallocate that energy to things you can control?