SELF CONTROL

- Choosing to do what you **should do**, not just what you want to do.
- Focusing on what you **can control** and not worrying about things you cannot control.

Look at the things that you can control in your life. Make goals for those things.
Look at the things you cannot control. Let go of those things.

I CAN CONTROL

- ❑ My thoughts
- ❑ My happiness
- ❑ My actions
- ❑ Who I choose as friends
- ❑ What I focus on
- ❑ My goals
- ❑ My study habits
- ❑ My effort
- ❑ My habits
- ❑ Others:

make goals for improving these things!

Add to this list and give specific examples.

I CANNOT CONTROL

- ❑ Other people's thoughts and attitudes
- ❑ Other people's actions
- ❑ Other people's happiness
- ❑ Other people's sadness
- ❑ Other people's anger
- ❑ The problems in the world
- ❑ Grown up issues
- ❑ Others:

Say "good-bye" to these things!

Add to this list and give specific examples.

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