

# 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:



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:



Add to this list and give specific examples.