

Circles of Control



Things I CAN'T Control

Things I CAN Control

Circles of Control



Things I CAN'T Control

Other people's attitudes

Other people's actions

Things I CAN Control

The weather

My attitude

Past events and mistakes

Positive/negative self talk

How I treat others

My family

My decisions

Asking for help

My actions/behavior

Other people's opinions

My level of effort

Forgiving others

Assignments/Due dates

Being prepared

Taking care of myself

My goals

My classmates

People forgiving me

The friends I choose

Being honest

Sickness

My teachers

Apologies from others

Others doing the right/wrong thing

Skin color