

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

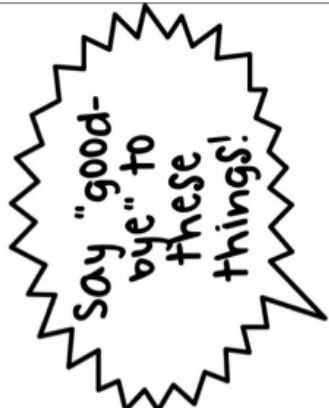
- My thoughts
- My happiness
- My actions
- Who I choose as friends
- What I focus on
- My goals
- My study habits
- My effort
- My habits
- Others:



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.

I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS
FOLLOW THE
RULES OF SOCIAL
DISTANCING

THE AMOUNT
OF TOILET
PAPER AT THE
STORE

ICAN CONTROL

(So, I will focus on these things.)

THE
ACTIONS
OF
OTHERS

MY POSITIVE
ATTITUDE

TURNING
OFF THE
NEWS

FINDING FUN
THINGS TO DO
AT HOME

HOW
LONG
THIS
WILL
LAST

HOW I FOLLOW CDC
RECOMMENDATIONS

LIMITING MY
SOCIAL MEDIA

MY OWN SOCIAL
DISTANCING

MY KINDNESS &
GRACE

PREDICTING
WHAT WILL
HAPPEN

HOW
OTHERS
REACT

OTHER
PEOPLE'S
MOTIVES

