

7: What I Can Control

We can worry about a lot of things - some we can control,
some we can't

It can help to focus on the inner circle and try to let go of the
worries in the outer circle!

What I
CANNOT control

What I
CAN control

What are
some things
you can
control?
What are some
you can't?

You could try
to imagine the
worries in the
outer circle
floating away
like balloons...