

TAKING CONTROL

Using the diagram below, list the current factors in you life that are in your sphere of control and the factors that are out of your control.

Out of Your Control



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Ideas for what is in and out of your sphere of control

IN YOUR CONTROL

- The words you choose to speak
- How you react to others
- The relationships you maintain or don't
- How you spend your time
- Whether you take care of yourself (self-hygiene)
- Your personal finances, what you choose to spend money on
- The choices you make
- The amount of physical activity you complete within a day
- Going outside
- Your mind
- How nice you are to yourself in your head (self-talk)
- Getting enough sleep (7-8 hours)
- Your motivation
- Affection/attention you give to others
- Your discipline
- How intentional you are
- How organized your living space is
- Your facial expressions
- The time you wake up in the morning
- Whether you worry about what others are thinking about you
- Your body language
- What you choose to think about
- The music you choose to listen to
- Whether you complain about things or don't
- How often you check or post on social media
- The clothes that you wear and how you feel in them
- What you eat and drink
- What you put in your body
- How you believe people perceive you
- How many risks you are willing to take
- Your response to others
- Your attitude
- How hard you're willing to work, your commitment to your goals

OUT OF YOUR CONTROL

- Who your parents are
- Your caretakers (group home/foster parents/adoptive parents)
- The school you attend
- What other people say to you or about you
- How others react to you or around you
- What others think about you
- Sickness (mental and physical)
- Things you have done in your past and the effect of your past choices
- Your natural abilities
- How other people treat you
- Whether other people like you
- What happens to other people
- what others say or do on social media
- Outside events (community/world)
- How affluent your family or community is
- Your body type/genetics



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