



Focus on things within your control

This exercise is designed to help you notice the things occupying your mind. Sometimes, especially during times of uncertainty, our brain focuses on the unknowns to try to get answers, but often they're the things outside of our control. By focusing on things within our control it can help us move to a place of clarity and certainty.

Notice the things occupying your mind and add them to the relevant section depending on whether they are within your control. Aim to minimise the time and energy on things which are outside of your control and focus on those within your control.

Outside of my control

Within my control

