

# Focus On What You Can Control

Think of an ongoing unresolved situation in your life. Write a brief outline of the facts and why it feels unresolved for you.

What can you control in this situation?  
Make a list.

- 1.
- 2.
- 3.
- 4.

What can't you control in this situation?  
Make a list.

- 1.
- 2.
- 3.
- 4.

Being honest with yourself, on which of the above things are you spending most of your energy and attention right now?

How can you focus more on the things you can control? What would that look like?