



Circle of Control

What will I learn?

What the term 'circle of control' means

How I can identify what I can control and what I can't control, and why this is helpful.

This activity will help you to develop your self-awareness and optimism.

What do I need?

This topic involves a little bit of reading, lots of thinking, and some writing, plus a chance to talk to others about what you have learnt. You can write on the worksheet below, print it and write on it, or create your own version.

What is a 'circle of control'?

The world around us is made up of two factors: the things we can control and the things we can't. These can be displayed in a simple diagram.

What is the point of completing a circle of control?

We're all familiar with feeling worried and uncertain. Something has gone wrong and we're not sure how it's going to work out. It's a horrible feeling. A circle of control is an activity that can remind us not to waste energy worrying about the things that we have no control over and cannot change, such as the weather and other people's behaviour. You can then spend your time and energy focused on the things that you can control, which can help you to feel better and less worried, and can also help you to achieve your goals.

The Activity

- Complete the Circle of Control diagram on the next page. Here are some ideas of what you can include, or think of your own things to include:

What my friends do
My ideas
What my favourite celebrities do
What my family say
What time I go to bed
The weather
My actions
My words
When I go back to school
What I eat today
What people think of me
My exam results
The past

- When you have completed your circle, you could talk about your answers with someone, such as a friend or someone you live with, or a teacher. You may find that there are some things that you can't control completely, but you may be able to influence.
- Think about the things you can control or influence and focus on those that worry or concern you. What action could you take?
- Your circle of control may change over time – complete this activity again in the future to see if anything has changed for you.

My Circle of Control

What I cannot control

What I can control

