



In My Hands

I can't control the game. I can control my next move.

1 Sort It Out Write each one in the zone where it belongs. Some are tricky — that's the point.

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|-----------------------------------|-------------------------------|---------------------------|---------------------------|
| ● My effort | ● My marks | ● What others post online | ● How I react |
| ● Rain on match day | ● My screen time | ● My friendships | ● Who replies to my texts |
| ● Asking for help | ● Getting picked for the team | ● Other people's opinions | ● How I treat people |
| ● Something that already happened | ● When I sleep | + add your own | + add your own |

2 My Three Zones

OUT OF MY HANDS
I let it go

I CAN INFLUENCE
I do my part

IN MY HANDS



3 Your Move Think of one thing that's bugging you this week.

What's bugging me



The part that's in my hands



My next move



Every minute spent fighting what you can't change is stolen from what you can.

Spend your energy where your power is.