



Control Worksheet

If you are feeling **overwhelmed** and it is affecting your happiness, this is a great worksheet to help you regain control, feel less stressed and focus on what you are in **control** of and *what you can do about it*.

Step One

Write down everything that is making you feel overwhelmed and unhappy right now. Be as detailed as you would like, and remember this is a safe space to write your thoughts.

Step Two

Cross off what you **don't** have control over, highlight what you **do** have control of and leave the things you have a *little bit* of control of the way they are.

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3 Step Three

Write down **three action steps** you can take this week to reduce the overwhelm of the things *you have control of*. Then, write down three action steps of the things you have *some* control of.

Action steps for what I **have** control of:

Action steps for what I have **some** control of:

Lastly, **let go** of the things you have no control of.





Journal Your Thoughts

Step Four

It's time to journal how you are feeling after completing this exercise. Write down things like how you are feeling, what insights came up for you, are you feeling less stressed, do you feel like you have more control...

Write as much or as little as you would like, this space is yours.

Remember your **happiness** and well-being is most important.

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