

Circle of Control Reflection Worksheet

Circumstance/Situation:

Things Within My Control

Questions to consider:
What aspects of this situation do I have control or influence over? What aspects are my responsibility? What can I do to support myself or my team inside of this situation?

Things Outside Of My Control

Questions to consider:
What is out of my control? What am I focusing on that I don't have any power to change? What aspects are making me feel stuck?
