

Write in some
other things

what I CAN control

- HOW I RESPOND TO PEOPLE
- HOW HARD I TRY
- ASKING FOR HELP
- WHAT I SAY AND HOW I SAY IT
- WHO I LET IN MY LIFE
- HOW I TREAT PEOPLE
- MY GOALS
- LEARNING FROM MY MISTAKES

Write in some other things

Blank writing area with a blue arrow pointing to the top-left corner.

Write in some
other things

what I CANNOT control

- HOW PEOPLE RESPOND TO ME
- WHAT OTHERS SAY
- GETTING SICK
- OTHER PEOPLE'S BEHAVIOR
- MY PARENT'S EXPECTATIONS
- THE WEATHER
- WHO LIKES ME
- WHAT PEOPLE THINK ABOUT ME

Write in some other things

Blank writing area with a blue arrow pointing to the top-right corner.