

Control, Influence & Acceptance Tool

Responding to Uncertainty

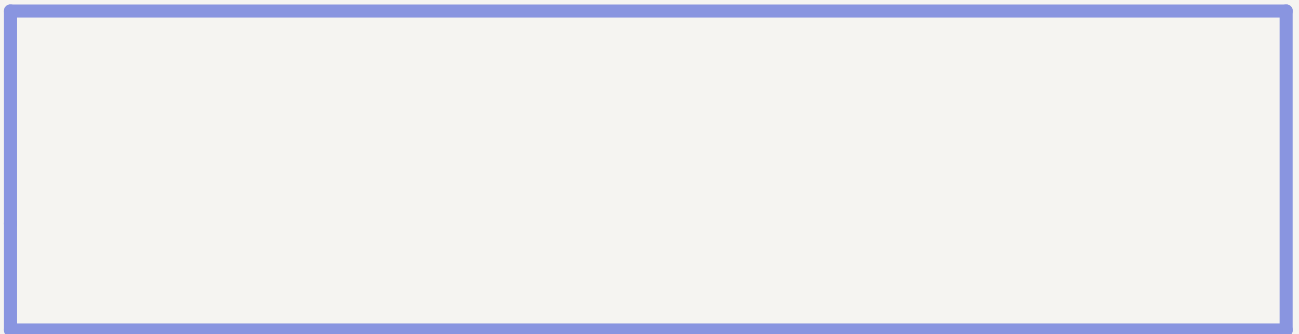
When something feels uncertain or overwhelming, separating what you can control from what you cannot can help you focus your energy more effectively.

Current Situation



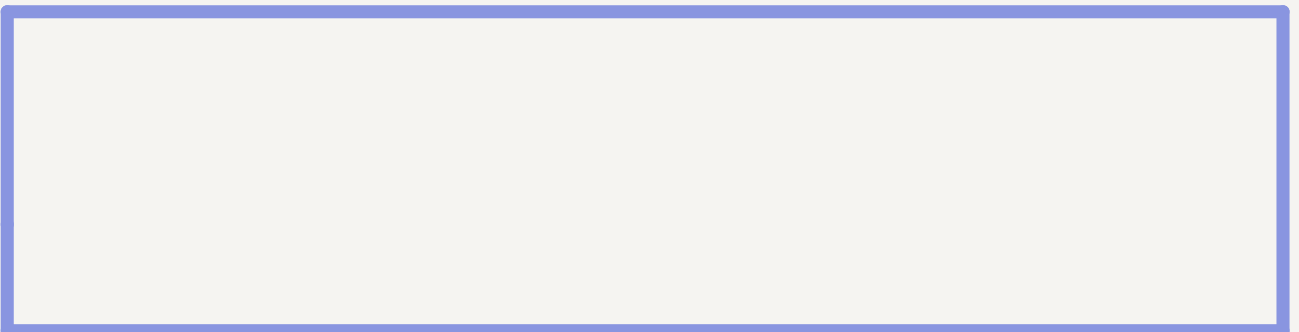
What Can I Control?

Things I can directly influence through my actions:



What Can I Influence?

Things I may be able to affect through conversations, suggestions or collaboration:



What Do I Need to Accept?

Things outside my control:

My Next Practical Step

What's one useful action I can take?

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Reminder

Focus your energy on what you can control and influence, rather than what you cannot.

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