

What You Can/Cannot Control

This activity is to help you identify what level of control you have in situations. Next to each situation, mark the box that highlights how much control you have.

Situations	No Control	Some Control	Total Control
Having fun at a family event			
Getting along with your family			
Other people enjoying your presence at school			
Being nice			
Your friends listening to your advice			
Doing well on an upcoming test/project			
Friends telling you they like what you are wearing			
Breaking a school record for Track & Field			
Catching all the passes thrown your way at recess			
Listening and following directions			
Grandmother passing away			
Whether it will rain or not while on vacation			
Getting treated fairly in the classroom			
Person deciding to not be your friend anymore			
Waking up on time for school			
Achieving the goals you set for yourself			

Reflection:

What did you learn from this activity?