My Circle of Control

What I Can't Control

What I Can Control

Making the right choices

My behaviour and actions

The friends I choose

Keeping my hands to myself

My likes and dislikes

Being kind

Asking for help when I need it

Eating healthily

Taking care of myself

Working hard and doing my homework

Using different strategies to help me

Apologising if I need to

Predicting what will happen

Other people being honest

Being ill

Past mistakes or bad decisions

Routines in society (bus, train, shop timetables, etc.)

How other people treat me

The weather

How other people behave

Traffic

What other people think, feel or say