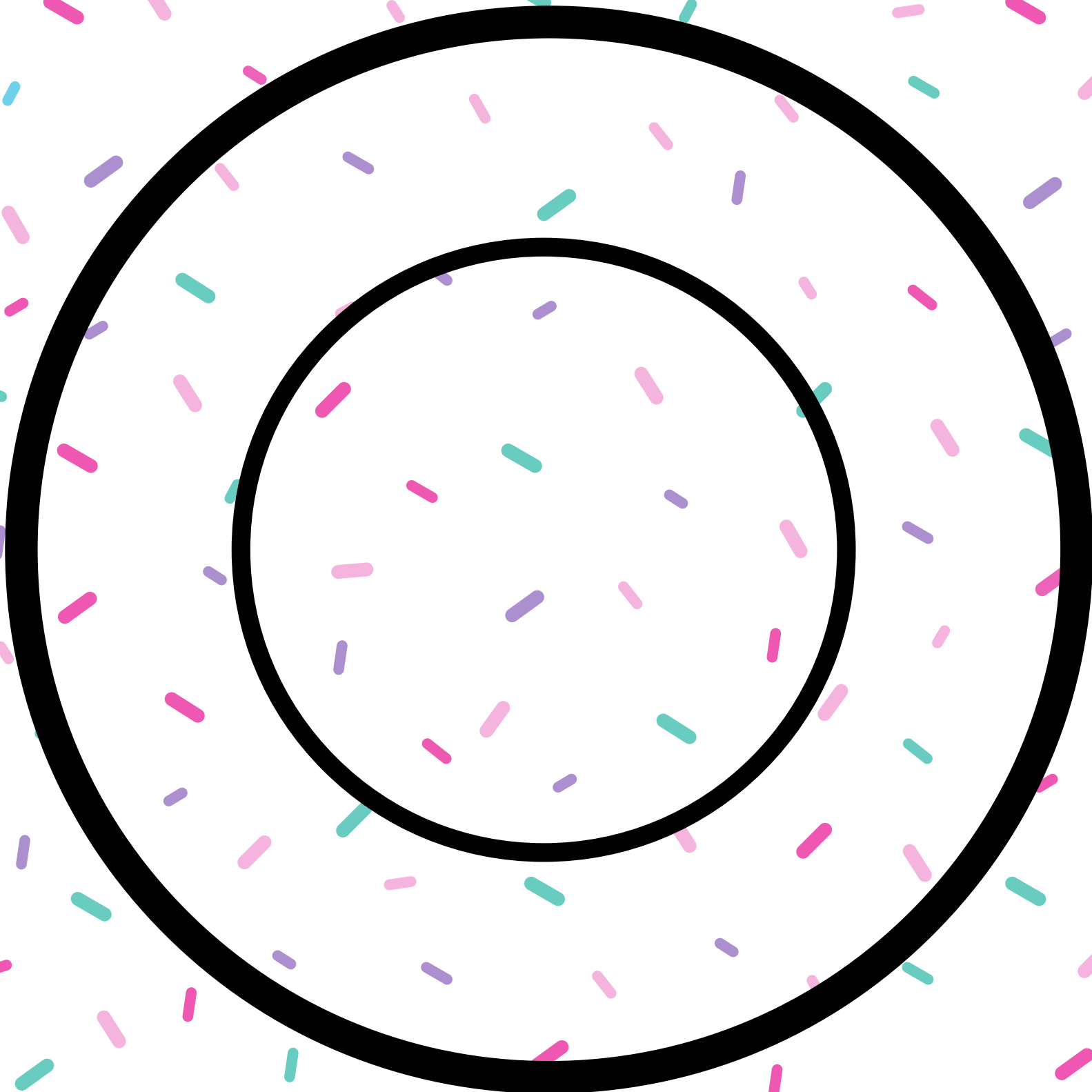


Donut of Control

Put the sprinkles on the inside or outside of the donut to show which things are in your control and which are not.



HOW OTHERS
TREAT ME

WHAT OTHERS
THINK

GETTING SICK

PAST MISTAKES

HOW I LOOK

SOMEONE ELSE'S
CHOICES

THE WEATHER

SOMEONE ELSE'S
FEELINGS

DOING MY
HOMEWORK

DOING MY
CHORES

HOW I TREAT MY
THINGS

ASKING FOR HELP

FORGIVING MYSELF
AND OTHERS

BEING HONEST

TAKING CARE OF
MYSELF

HOW I TALK TO
OTHERS