

Circle of Control Chart

This chart helps students to focus on the things they can control. For a given situation, list things you can control within the inner circle of the diagram (the circle of control). List things you may be concerned about but which are outside of your control in the outer circle (the circle of no control). For example for this situation "getting to school on time" items like "traffic" and "weather" would be in the circle of no control while items like "what time I wake up" and getting myself dressed and ready for school" would be in the circle of control.

