

NAME: _____ DATE: _____

Everyday Speech **ACTIVITIES**

Interactive Worksheet: What I Can Control

To reduce anxiety, it's important to focus on what you can control. Sort the following into what you can and cannot control.

IN MY CONTROL**OUT OF MY CONTROL**

Cut out each item and place them in a category, or write them in.

Your thoughts	Expectations of others	Choice of friends	Past mistakes	Test difficulty	Your effort
Class schedules	Others' opinions of you	Your actions	Personal goals	Behavior of others	Time management