

# Circles of Control

**Important Note:** While this product offers valuable support, it is not meant to replace counselling or psychotherapy. If you're not already seeing a mental health professional, we encourage you to find a trusted counsellor or therapist in your area to help guide you on your journey.

## What Are Circles of Control?

Circles of Control is a tool to help you focus your energy and attention on what you can control, let go of what you can't, and manage the influence in between. Understanding these circles can reduce stress and enhance your emotional well-being.

### Outer most circle

Things you cannot control

### Middle circle

Things you can influence

### Inner most circle

Things you can control

