



Thank You!

Thank you for downloading this resource!

I love creating tools that invite young people to voice & shape their authentic, strong, vulnerable & brave selves and that hopefully make your job easier (and more fun), too!

Please contact me with any questions, requests, or feedback at:
wholeheartedschoolcounseling@gmail.com

Joy to You! -Anta

What Inspired the Making of This Poster?

Recognizing what is in our control helps young (and older!) people cultivate a strong internal locus of control and sense of self-efficacy, which are important building blocks for self-esteem, compassion towards self and others, having a growth mindset, and creating plans to work towards goals, hopes, and dreams. Plus, when we can identify what really is in our control, we can focus our energy that to create change, as compared to wasting on things that is out of our power.

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50 THINGS YOU CAN CONTROL

1. How you **respond** to challenges.
2. **Who** you ask for help.
3. When you ask for help.
4. Saying you need a **break**.
5. How you **act**.
6. How much **effort** you put forth.
7. Getting enough **sleep**.
8. Completing your **responsibilities**.
9. Using I-Statements.
10. Saying what **you need**.
11. How much **exercise** you do.
12. Setting your **boundaries**.
13. **Respecting** other people's boundaries.
14. When and if you **forgive** others.
15. How often you **smile**.
16. **Owning up** to your mistakes.
17. When you show **empathy**.
18. Whether or not you **accept yourself**.
19. What you **focus** on in this very moment.
20. Focusing on the **negatives or positives**.
21. What **goals** you create for yourself.
22. The kind of **attitude** you have.
23. **How you relate** to your feelings.
24. Whether you **help someone** out or not.
25. How you take care of & **treat your body**.
26. **Treating** others the way **you want to be treated**.
27. When you **listen** to others.
28. How **truthful** and **honest** you are.
29. When you talk about your **feelings**.
30. Expressing what you **hope for**.
31. How you **interpret** events.
32. When you **ignore** behavior that annoys you.
33. **Apologizing** when you make a mistake.
34. How you "talk" to yourself.
35. If and when you **try again**.
36. Treating others with **kindness**.
37. Treating yourself with kindness.
38. Saying **please** and **thank you**.
39. **Going outside** and enjoying the fresh air.
40. How **organized** or **clean** you are.
41. How you hold your body (like your **posture**).
42. **Reminding yourself that you are** **lovable**.
43. How you **show others you care** about them.
44. Whether you **"get back up"** after you "fall down."
45. When you practice **gratitude**.
46. Whether or not you **keep your word**.
47. What **coping strategies** you use.
48. Whether or not you **accept the situation**.
49. Using **mistakes as opportunities for learning**.
50. When you take **mindful breaths**.

50 THINGS YOU CAN CONTROL

1. How you respond to challenges.
2. Who you ask for help.
3. When you ask for help.
4. Saying you need a break.
5. How you act.
6. How much effort you put forth.
7. Getting enough sleep
8. Completing your responsibilities.
9. Using I-Statements.
10. Saying what you need.
11. How much exercise you do.
12. Setting your boundaries.
13. Respecting other people's boundaries.
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43. How you show others you care about them.
44. Whether you "get back up" after you "fall down."
45. When you practice gratitude.
46. Whether or not you keep your word.
47. What coping strategies you use.
48. Whether or not you accept the situation.
49. Using mistakes as opportunities for learning.

THINGS I CAN CONTROL



WHAT I NEED TO FOCUS ON RIGHT NOW:

- | | |
|--|--|
| <input type="checkbox"/> How I respond to challenges. | <input type="checkbox"/> Treating others the way I want to be treated. |
| <input type="checkbox"/> Who I ask for help. | <input type="checkbox"/> When I listen to others. |
| <input type="checkbox"/> When I ask for help. | <input type="checkbox"/> How truthful and honest I am. |
| <input type="checkbox"/> Saying I need a break. | <input type="checkbox"/> When I talk about my feelings. |
| <input type="checkbox"/> How I act. | <input type="checkbox"/> Expressing what I hope for. |
| <input type="checkbox"/> How much effort I put forth. | <input type="checkbox"/> How I interpret events. |
| <input type="checkbox"/> Getting enough sleep | <input type="checkbox"/> When I ignore behavior that annoys me. |
| <input type="checkbox"/> Completing my responsibilities. | <input type="checkbox"/> Apologizing when I make a mistake. |
| <input type="checkbox"/> Using I-Statements. | <input type="checkbox"/> How I "talk" to myself. |
| <input type="checkbox"/> Saying what I need. | <input type="checkbox"/> If and when I try again. |
| <input type="checkbox"/> How much exercise I do. | <input type="checkbox"/> Treating others with kindness. |
| <input type="checkbox"/> Setting my boundaries. | <input type="checkbox"/> Treating myself with kindness. |
| <input type="checkbox"/> Respecting other people's boundaries. | <input type="checkbox"/> Saying please and thank you. |
| <input type="checkbox"/> When and if I forgive others. | <input type="checkbox"/> Going outside and enjoying the fresh air. |
| <input type="checkbox"/> How often I smile. | <input type="checkbox"/> How organized or clean I am. |
| <input type="checkbox"/> Owning up to my mistakes. | <input type="checkbox"/> How I hold my body (like my posture). |
| <input type="checkbox"/> When I show empathy. | <input type="checkbox"/> Reminding myself that I am lovable. |
| <input type="checkbox"/> Whether or not I accept myself. | <input type="checkbox"/> How I show others that I care about them. |
| <input type="checkbox"/> What I focus on in this very moment. | <input type="checkbox"/> Whether I "get back up" after I "fall down." |
| <input type="checkbox"/> Focusing on the negatives or positives. | <input type="checkbox"/> When I practice gratitude. |
| <input type="checkbox"/> What goals I create for myself. | <input type="checkbox"/> Whether or not I keep my word. |
| <input type="checkbox"/> The kind of attitude I have. | <input type="checkbox"/> What coping strategies I use. |
| <input type="checkbox"/> How I relate to my feelings. | <input type="checkbox"/> Whether or not I accept the situation. |
| <input type="checkbox"/> Whether I help someone out or not. | <input type="checkbox"/> Using mistakes as opportunities for learning. |
| <input type="checkbox"/> How I take care of & treat my body. | <input type="checkbox"/> When I take mindful breaths. |
| <input type="checkbox"/> | <input type="checkbox"/> |

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