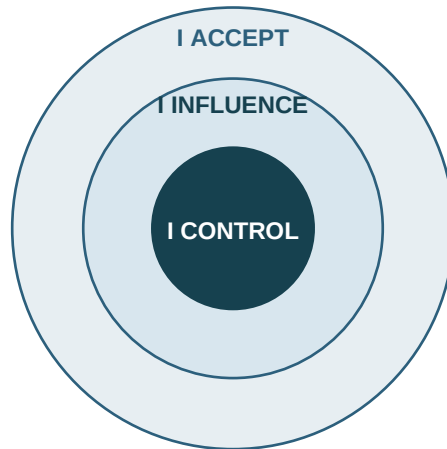


Circle of Control

Sort what's eating you into three buckets. Energy moves outward from what you can actually change.



Inner — my actions (do these first)	Middle — my influence (act, then let go)	Outer — outside my control (accept + redirect)

Use it: take one worry, place it in a circle, then write the single next action for anything in the inner circle. Anything in the outer circle gets acknowledged — not solved.