



All They Really Need: Trusting the Wisdom of Nature to Raise Resilient Kids

WHAT I CAN CONTROL

One of the biggest antidotes for worry is differentiating between what we can control (and taking action on those things) and what we can't. Externalizing this by writing it down can make the next steps a little clearer. Both you and your kids can do this.

1. In the center of the circle, write down what is creating worry.
2. In the space between the circles, write down everything, however small, that you can control with respect to the situation.
3. Outside of the circles, write down everything that is beyond your control.

