

# Circle of Control

We can't always control the experiences we have in life. We can control how we react to them. The key is knowing what parts we can control and what we can't.

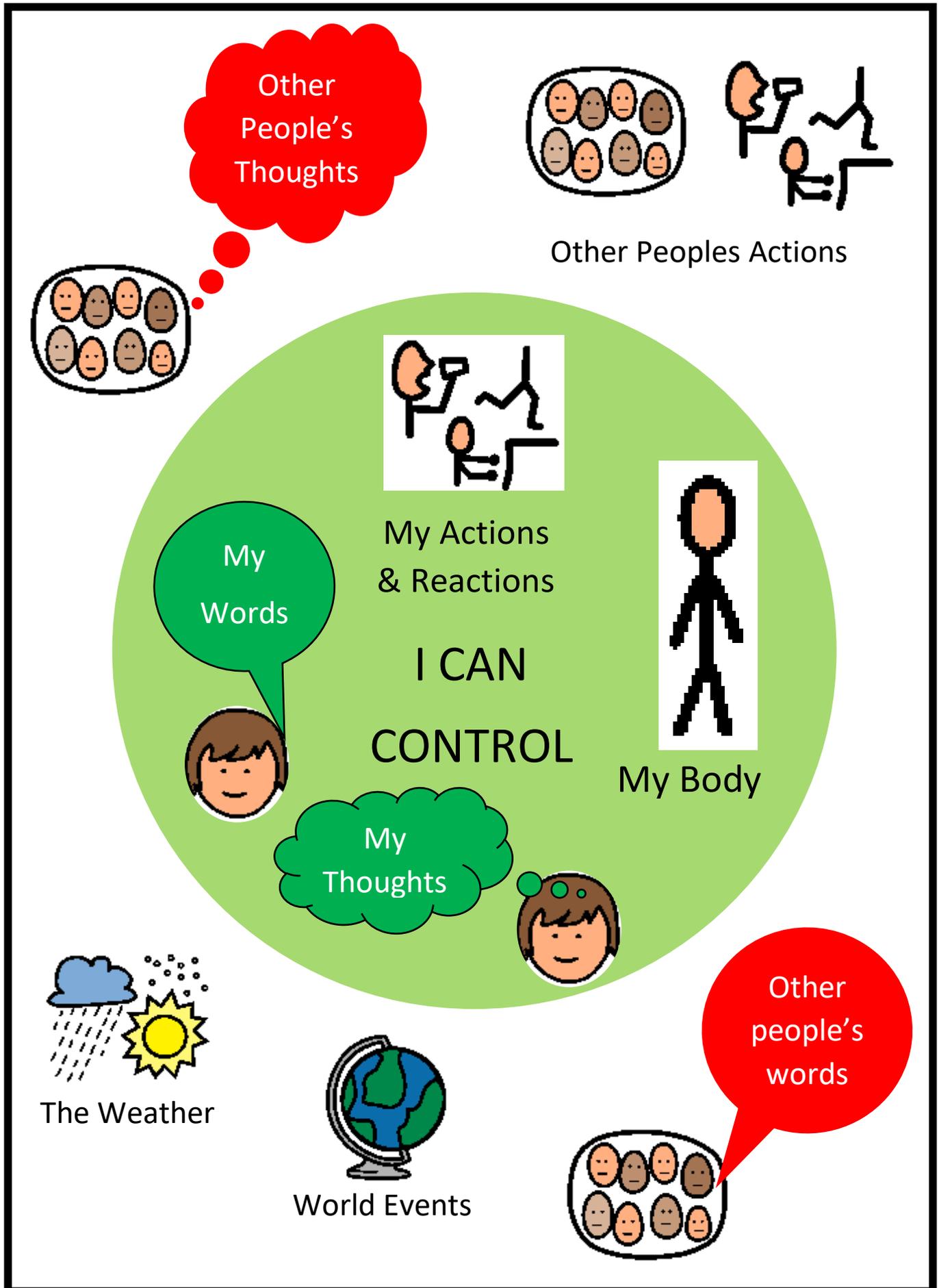
Look at the Circle of Control overleaf.

Everything inside the circle you have control over.

Everything outside the circle you do not control **but you can control how you react.**

It is useful to focus your time on what is within your circle of control.

# Circle of Control



# Circle of Control during Covid-19 Pandemic

