Change it, accept it or let it go

Sort what is weighing on you into what you can change, what to accept and what to drop.

Name _____ Date _____

A lot of stress comes from fighting things we cannot change and neglecting the things we can. List what is weighing on you, then decide which group each one belongs to.

Change it
I have some control. There is something I can do, ask for or stop doing.

Accept it
I cannot change it, at least for now. I can change how I respond and look after myself around it.

Let it go
It is not my responsibility, it matters less than it feels, or worrying will make no difference.

What is stressing me	Change, accept or let go?	What I will do

The one thing that would make the biggest difference if I acted on it

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