STOP WASTING ENERGY ON WHAT YOU CAN'T CONTROL

A simple tool to help teens feel calmer more confident, and in control

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When teens or even adults feel stressed, angry, or overwhelmed, it's often because **their energy is stuck on things they can't control**.

This simple tool helps teens and even adults:
• calm their emotions
• stop feeling helpless
• focus on what they *can* actually do

Research and coaching experience show that **most teens spend more than half of their mental energy** worrying about things they **cannot control**.

That's where stress grows.

The problem isn't effort or intelligence.
The problem is **misplaced energy**.

This tool helps teens notice where their energy is going and gently bring it back to what actually gives them power.

When they focus on what's within their control, **confidence and clarity grow**.

🟢 **Things that are within my control**

- My thoughts
- My reactions
- My effort
- How I speak to myself
- How I prepare
- My choices

🔴 **Things that are outside my control**

- Other people's opinions
- Teachers' moods
- Friends' choices
- Exam difficulty
- The past
- The future

👉 **The problem:** most teens spend most of their energy in the red circle.
👉 **The solution:** gently move energy back to the green circle by asking yourself the following questions;

1. What is bothering or stressing me right now?
2. Which parts of this situation are **completely outside my control**?
3. Which parts are **within my control**?
4. Where am I currently spending most of my energy?
5. How is focusing on what I can't control affecting me?
6. What would change if I focused more on what ***is*** within my control?
7. What is **one small action** I can take this week that depends only on me?

You don't gain control by controlling others. You gain control by choosing where your energy goes.

If you notice yourself feeling like a victim ("this always happens to me") or a blamer ("it's always their fault"), it's usually a sign that your energy is stuck **outside your circle of control**.

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