50 THINGS YOU CAN CONTROL

How you respond to difficult situations

The effort you put into what you do

Whether you complete tasks

How you look after your body

When you rest

Whether you get enough sleep

How active you are

What you pay attention to

How you use your time

What you choose to work on

The goals you set for yourself

Whether your goals are realistic

How you handle mistakes

Whether you try again after failing

How you talk to yourself

What helps you calm down

When you ask for help

Who you ask for help

How you manage strong feelings

Whether you face problems or avoid them

How honest you are

How you speak to other people

Whether you listen

How respectful you are

Whether you keep promises

How you treat people who disagree with you

Whether you respect other people's boundaries

How you set your own boundaries

How you behave in different places

How you act when no one is watching

What you choose to learn about

Whether you stay open to new ideas

How you deal with disappointment

Whether you take responsibility or blame others

How you treat yourself when things go wrong

Whether you show kindness

Whether you show empathy

How you show care for others

Whether you pause before reacting

How you deal with conflict

What you choose to let go of

Whether you hold onto anger

How you use social media

When you take breaks from screens

Whether you spend time outside

Whether you notice good moments

Whether you practise gratitude

How you express your needs

How you share your feelings

The values that guide your choices

SEE OUR WEBSITE FOR MORE **FREE** RESOURCES

WWW.SOCIALWORKERSTOOLBOX.COM

About this Resource

This 50 Things You Can Control poster is a reflective wellbeing resource designed for older teenagers and adults. It supports emotional regulation, self responsibility and personal growth by clearly separating what is within a person's control from what is not.

The poster focuses on internal choices such as how you respond to difficult situations, how you manage strong emotions, how you speak to yourself and others, how you set and respect boundaries, and the values that guide your behaviour. It encourages accountability without blame and helps people move away from feeling stuck, overwhelmed or powerless.

This downloadable PDF is well suited for adult mental health support, therapy, counselling, coaching, social work supervision, reflective practice, and wellbeing work. It can be used as a visual prompt, discussion tool or personal reflection aid in one to one work, group sessions or professional settings.

The 50 Things You Can Control poster is particularly helpful for adults experiencing anxiety, stress, burnout, low mood or ongoing frustration, and for professionals supporting others to build resilience, emotional awareness and healthier coping strategies.