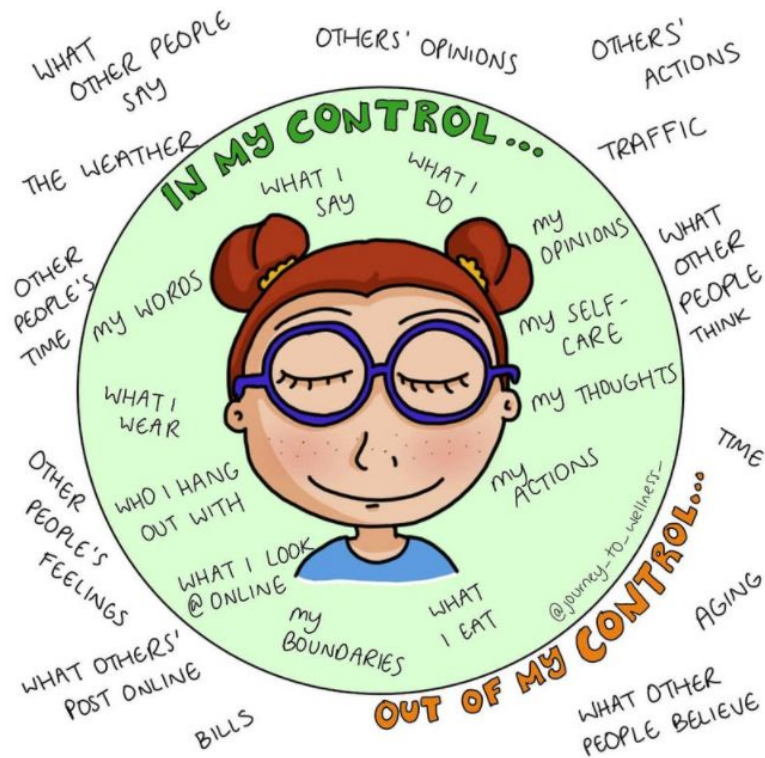




Directions

1. Write everything in your life you can think of that is in & out of your control.

[On the Back]

2. Write "I AM (Your in control statement)."
1 sentence for each
3. Write what comes to mind for each (out of my control statements).
4. What recovery tools from the SMART Handbook can you use for your In Control Statements?

What's in your Hula Hoop?