Dichotomy of Control Worksheet

Turn one difficult situation into a clear, useful next step.

STOIC PRACTICE

1. Name the situation
2. Separate what is yours
3. Choose one action
4. Release the outcome

THE SITUATION

Describe facts first; leave judgments for the boxes below.

WHAT IS UP TO ME?

My judgments, choices, effort and actions

WHAT IS NOT UP TO ME?

Other people, the past, chance and outcomes

MY NEXT WISE ACTION

Small, specific and possible today

RELEASE THE REST

- [ ] I have done what is reasonably mine to do.
- [ ] I will allow the outcome to unfold without rehearsing it.

EVENING CHECK-IN

Did I act with wisdom, courage, justice and self-control? What will I practise tomorrow?

Inspired by Epictetus, Enchiridion 1: some things are up to us, and others are not.