

# Things I Can Control BINGO

Getting enough sleep	How often I smile	Owning up to my mistakes	Whether or not I accept myself	Setting my boundaries
When I practice gratitude	Treating myself with kindness	When I help others	Whether or not I keep my word	How I interpret events
How I "talk" to myself	When & if I forgive others		How truthful & honest I am	When I take mindful breaths
The goals I set for myself	Saying I need a break (& taking one)	Treating others with kindness	How much effort I put forth	When and if I try again
When I ask for help	How I respond to challenges	Reminding myself I am enough & worthy	How I take care of my body	How I relate to my feelings



**WHOLE**Hearted  
SCHOOL COUNSELING

# Thank You!



Thank you for downloading this resource!

I love creating tools that invite young people to voice & shape their authentic, strong, vulnerable & brave selves and that hopefully make your job easier (and more fun), too!

Please contact me with any questions, requests, or feedback at: [wholeheartedschoolcounseling@gmail.com](mailto:wholeheartedschoolcounseling@gmail.com)

Joy to You!

## Ways to Use This Poster

I designed this poster as a (playful) way to reflect on what is (and by extension, is not) within our control. Use as classroom or office decor. Or distribute to your students, and challenge them to try each of the 24 suggestions. Discuss ways in which they are already agents of their own lives, and talk about what more they would like to focus on, to become an even greater author of their life story.

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