

WHAT CAN I CONTROL?

TIME: 5-10 MIN

WITHIN MY CONTROL

OUTSIDE MY CONTROL



- Put your energy into the **FIRST ONE**
- Sets stress boundary.
- Pick one small action for today.



ASKING THE QUESTION



- Recruiter replies
- Vague worries
- Other people's opinions
- Outcomes not yours to decide.



Don't let vague worries grow! Split influence from uncertainty. Shift your energy. Focus on the simple, useful coping strategies.

