

Activity 2. – Taking control

This may help to give you some perspective and help you to identify actions you can take:-

- Think about your own situation now, in the context of finding a job you would like.
- Write a list of all the things that you currently feel that you can control.
- Next write down a list of all the things you currently feel that you cannot control.
- Think about any on this second list that you could take control of, influence or at least mitigate.
- Write down some actions (however small) you can take which are in your control.
- ACT!

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| Situation: | |
| Things I can control | Things I can't control |
| | |
| Action points (however small):- <ul style="list-style-type: none">••••• | |