

Insight's Invictus — Unconquered Mindset

Student Worksheet (10 minutes)

Insight's Quick Tip: Control what you can — your choices, your effort, your mindset. That's your superpower.

Activity

1) What's one thing you can't control this week?

2) What's one thing you can control about it?

3) Write your captain line: "Today, I choose to ____ because I'm the captain of my soul."

Reflection (optional)

What did you notice about your thinking when you focused on what you could control?

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This worksheet accompanies the "Insight Presents: Unconquered Mindset" webpage. Educational adaptation inspired by William Ernest Henley's Invictus (poem referenced, not reproduced in full).