

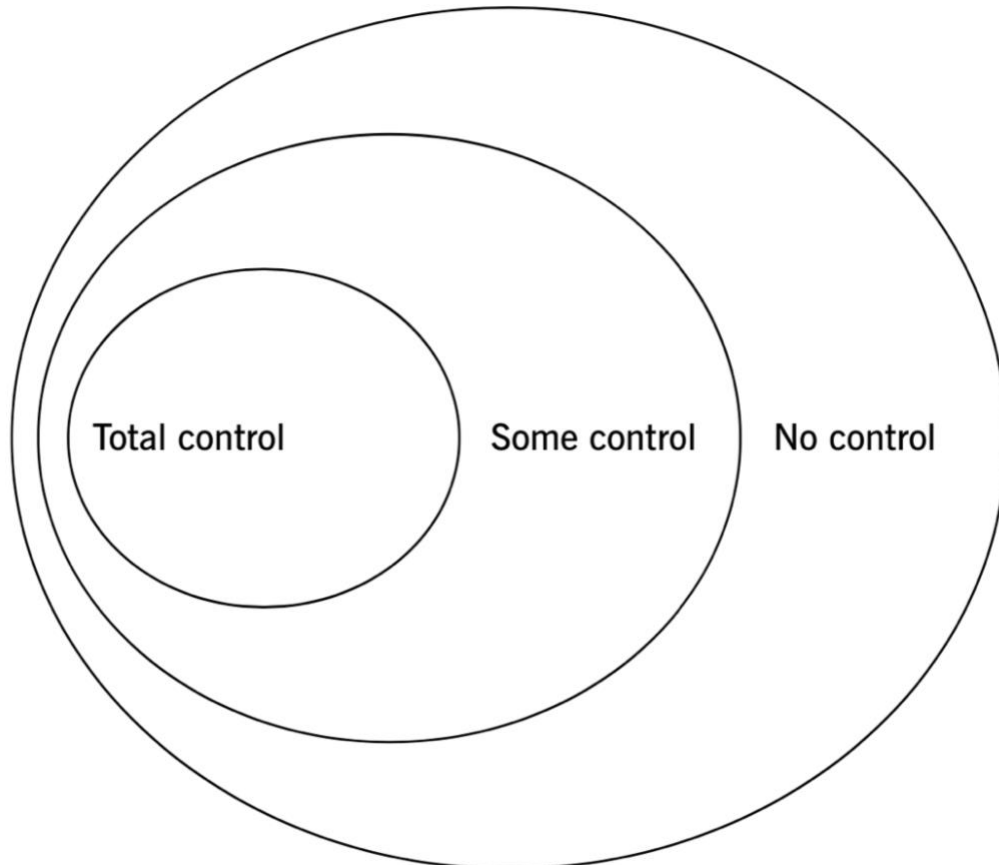
# Sphere Of Control

Name.....

Date.....

Use the image below for the following exercise.

- What in your life do you have total control over?
- What do you have some control over?
- What do you have no control over?



Review the diagram above and test your evidence for each one.

For example:

- Are you absolutely sure you have zero control over certain things? None? How do you know for sure?
- Are you absolutely sure you have total control over certain things? How do you know for sure?

Make sure that each item holds up under critical scrutiny.

Then look at the circle and see where you have allocated everything. Little tip, when I did this, it was best done in pencil ;) on a large bit of paper!

# Sphere Of Control

## 1. Highlight the items under “total control”

Start there. You are the “boss” of those things. For the next few weeks, focus on making deliberate choices that reflect this reality. Control what you can actually control.

## 2. Think about the items under “some control”.

What could bring them into the “total control” sphere? What pushes them out into the “no control” sphere? When and how could you control these items? Do you need to control these? For now, just think about them.

## 3. Let go of the items under “no control”

All you can do is manage and dynamically respond to these, using whatever behaviours and other factors that you can control. For our own sanity we need to let go of the things we can't control so we can focus our energy on the things we can.