

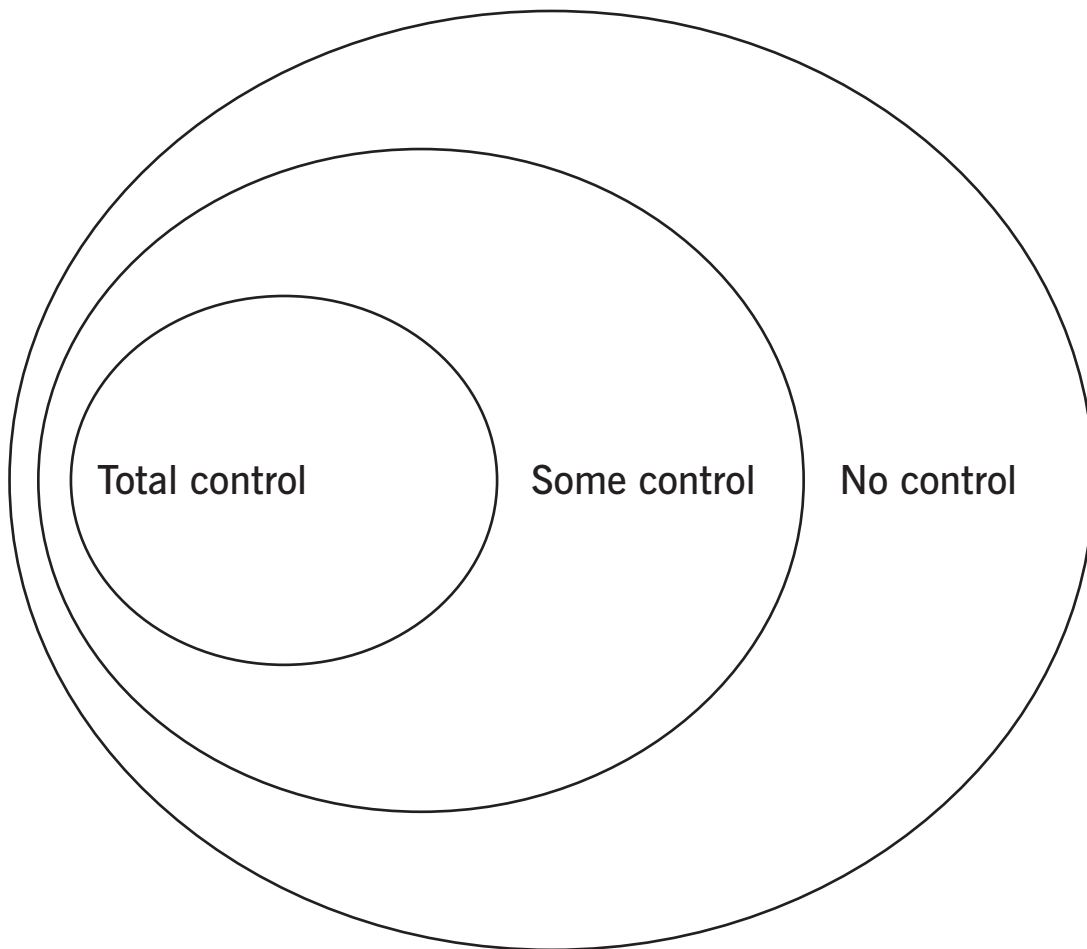
Sphere of Control Worksheet

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NAME

.....
DATE

Use the image below for the following exercise. Now, start filling it in. (If you aren't sure how to do this, ask your coach.)

- 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. 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 each item holds up under critical scrutiny.

Then, look at the circle and see where you've allocated everything.

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 behaviors and other factors that you can control. Release your grasp on things you can't control.