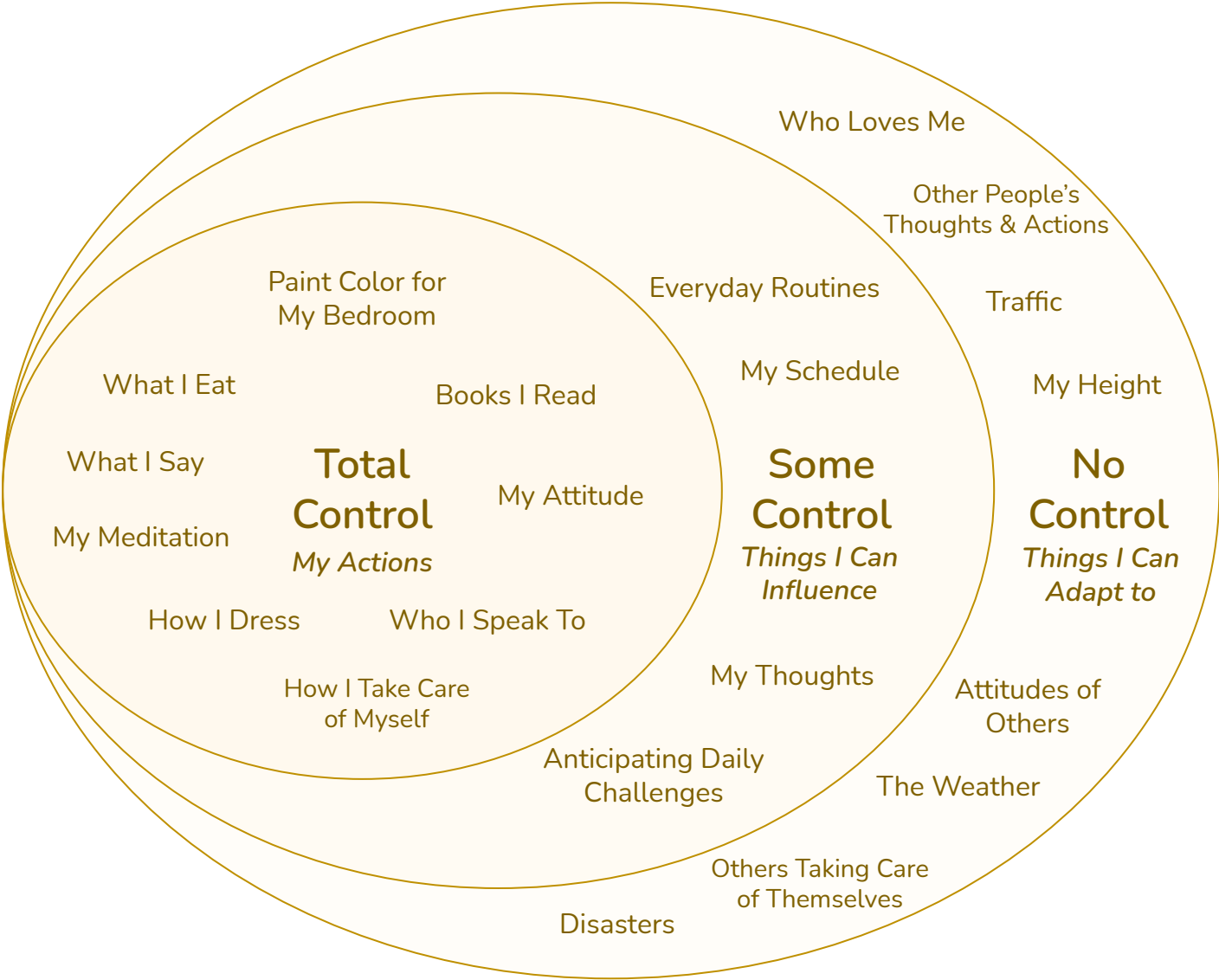


# Sphere of Control

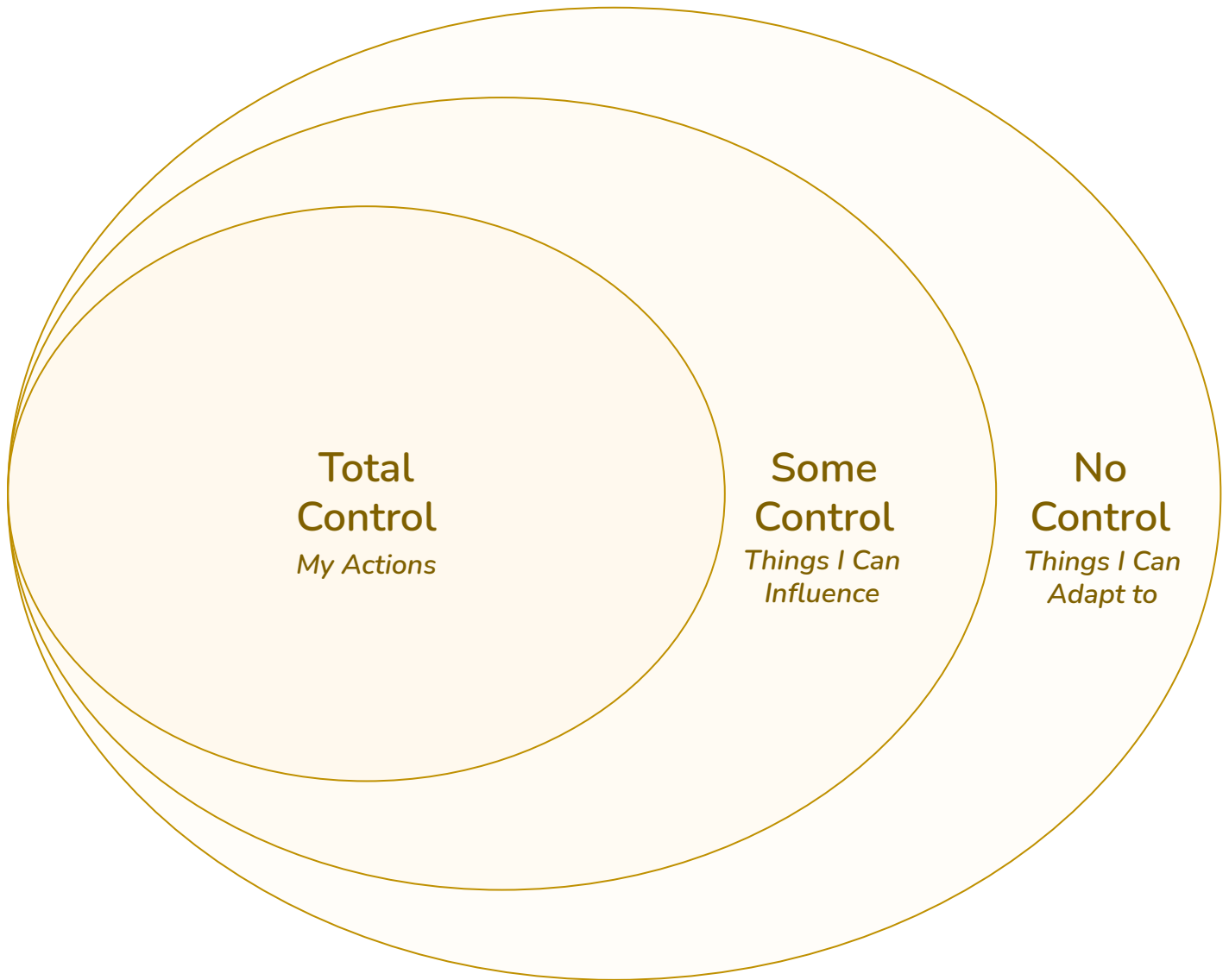


# Sphere of Control

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Use the diagram below to to complete the following exercise.

1. What in your life do you have total control over?
2. What do you have some control over?
3. What do you have no control over?



# Sphere of Control

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## Review the diagram. Test your evidence.

1. Are you absolutely sure you have zero control over certain things? How do you know for sure?
2. Are you absolutely sure you have total control over certain things? How do you know for sure?

## 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 week, 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.