

WHAT'S IN YOUR CONTROL?

"Happiness and freedom begin with a clear understanding of one principle: Some things are within your control. And some things are not. It is only after you have faced up to this fundamental rule and learned to distinguish between what you can and can't control that inner tranquility and outer effectiveness become possible."

~Epictetus

The Process

Use this process when you're feeling stressed, unhappy, pressured, or upset.

1. Identify the Issue

Face and name that something isn't working for you.

2. Sort the files

What about this issue can you control and what can you not control? List both. Use the table on the next page as a guide to sort your own list.

3. Take Action

If you're fixated on something that is NOT under your control, shift your attention from whatever you're focusing on to something that *is* under your control. For example, if you find yourself awake at 3am worrying about your 10am pitch, get out of bed and meditate, then from a calmer state envision yourself easefully pitching.

You can't control what's going to happen in the future—and worrying for sure isn't going to help—but you can take responsibility for your state of mind right now, and then direct your attention from presence towards the outcome you'd like to create.

If you're worrying about something that IS under your control, stop worrying and act.

WHAT'S IN YOUR CONTROL?

What IS in your control

Believing or investigating my thoughts
Feeling or suppressing my feelings
How I respond to my sensations
How I respond to other people's emotions
How I respond to other people's thoughts
How much action I take toward my goals
How I take care of myself
What I say and do to influence other people
The time I choose to leave to get somewhere
What I choose to wear
Seeking medical support
Caring for other people
Making amends
My happiness
Taking action to care for the environment
Creating something in the world
My interest in other people
Worrying about things and people
Keeping my time agreements
My reactivity
Choosing not to listen to gossip
Choosing where I work
My own judgments toward myself
Boundaries with my children
Creating a marketing plan to sell products

What is NOT in your control

My thoughts
My feelings
My sensations
Other people's emotions
Other people's thoughts
Others actions towards their goals
How others take care of themselves
Other people's choices
Rush hour traffic
The weather
Aging, illness, and death
Who likes me
My past behavior
Others people's happiness
Climate change
How people will react to my creations
Other people's interest in me
Others worrying about things and people
Others keeping their time agreements
Others reactivity
Other people gossiping
The behaviors and value of a company
Other people's judgements of me
My children's behavior
Customers buying your products