

NO CONTROL CONTROL INFLUENCE

Choosing to be a contributor when facing a challenge changes how you show up.
This tool can increase focus, calm and clarity on direction, the next right step.

CHALLENGE: _____

NO CONTROL: List what you are NOT able to control.

CONTROL: List what you can control.

INFLUENCE: List what, who, where, how you can offer influence.

NO CONTROL	
CONTROL	
INFLUENCE	

- Resist the urge to spend a great deal of time, energy, and resources on what you cannot control. Name it, acknowledge it and then move forward.
- List what you have control over [example: attitude, words, a skill etc.] then look for ways to utilize what you identified to deal with the challenge or circumstance.
- Prioritize what you have listed you can influence. You likely cannot do all of it; put energy into the next right thing you will do to influence the challenge or circumstance. Progress not perfection.