



My Locus of Control

Where do I believe the control lies?



When I focus on what I can control, I create change in my life.

Locus of control is the belief you have about what causes the events in your life. An **internal** locus of control means you believe you have control over your life. An **external** locus of control means you believe life is controlled by outside forces.

1 WHAT IS LOCUS OF CONTROL?

In your own words, explain what locus of control means to you.



2 WHERE DO YOU TEND TO PLACE CONTROL?

Read each statement and circle where you believe the control lies.

SITUATION	I CONTROL (Internal)	SOME CONTROL (Both)	NOT MY CONTROL (External)
My success	I	B	E
The weather	I	B	E
My relationships	I	B	E
My happiness	I	B	E
My financial situation	I	B	E
What happens in the future	I	B	E
Other people's choices	I	B	E
My goals	I	B	E

I = Internal B = Both E = External

3 WHAT'S MY TENDENCY?

Look at your answers above. Do you tend to believe you have more control (I), less control (E), or a mix (B) over most areas of your life?

My tendency is:

- More Internal (I)
- More External (E)
- A Mix (B)

What surprised you?



4 WHAT IS IN MY CONTROL?

List things in your life that you have control over.

- _____
- _____
- _____
- _____
- _____



5 WHAT IS NOT IN MY CONTROL?

List things in your life that you do NOT have control over.

- _____
- _____
- _____
- _____
- _____



6 SHIFTING MY FOCUS

For each item below, decide if it is something you can control. If not, write how you can shift your focus to what YOU can control.

SITUATION	CAN I CONTROL IT? Yes / No	IF NOT, WHAT CAN I CONTROL INSTEAD?
What others think of me	Yes / No →	
A past mistake	Yes / No →	
Someone else's behavior	Yes / No →	
My daily habits	Yes / No →	
A difficult situation	Yes / No →	



7 REFLECTION

How would your life be different if you focused more on what you can control?

What is one small step you can take today?



I choose to take responsibility for my life.



I focus on what I can control.

