

Take Control

A sense of control is a psychological need

Internal vs. external locus of control
Internal locus = better health outcomes
External locus = feelings of powerlessness
Your locus of control can be shifted



You always have a choice

Doesn't mean you can make problems go away
May not like any of the choices you have
Sometimes all you can change is how you cope

Review your options

When you feel trapped, brainstorm all possible courses of action
Reminds you of what you can control, even if you don't take action



Ask for ideas

"Hang a lantern on your problem"
May discover unexpected support and ideas
Promotes a growth mindset

Evaluate and choose

May end up where you started, but this process reinforces the fact that you do have choices



Repeat the process

Keep practicing this process to build a sense of control and keep your mind open to new possibilities

Remember...

Only use your energy to control the controllable

Use process goals instead of outcome goals

Reframe negative situations

Adopt self-talk that allows for choice

Value accountability



**KEEP
CALM
AND
TAKE
CONTROL**

50 Things You Can Control Right Now

1. How many times you smile today.
2. How much effort you exert at work.
3. Your level of honesty.
4. How well you prepare.
5. How you act on your feelings.
6. How often you say “thank you.”
7. When you pull out your wallet for luxuries.
8. Whether or not you give someone the benefit of the doubt.
9. How you interpret situations.
10. Whether or not you compete with people around you.
11. How often you notice and appreciate small acts of kindness.
12. Whether you listen or wait to talk.
13. When you walk away from a conversation.
14. How nice you are to yourself in your head.
15. Whether you think positive or negative thoughts.
16. Whether or not you form expectations of people.
17. The type of food you eat.
18. When you answer someone’s question—or email or call.
19. How much time you spend worrying.
20. How many new things you try.
21. How much exercise you get.
22. How many times you swear in traffic.
23. Whether or not you plan for the weather.
24. How much time you spend trying to convince people you’re right.
25. How often you think about your past.
26. How many negative articles you read.
27. The attention you give to your loved ones when you see them.
28. How much you enjoy the things you have right now.
29. Whether or not you communicate something that’s on your mind.
30. How clean or uncluttered you keep your space.
31. What books you read.
32. How well you network at social events.
33. How deeply you breathe when you experience stress.
34. How many times you admit you don’t know something—and then learn something new.
35. How often you use your influence to help people instead of focusing on building your influence.
36. When you ask for help.
37. Which commitments you keep and cancel.
38. How many risks you take.
39. How creative/innovative you are in your thinking.
40. How clear you are when you explain your thoughts.
41. Whether you formulate a new plan or act on your existing one.
42. How much information you get before you make a decision.
43. How much information you share with people.
44. Whether you smoke or drink.
45. Whether or not you judge other people.
46. Whether you smell good or bad.
47. How much of what other people say you believe.
48. How quickly you try again after you fall.
49. How many times you say “I love you.”
50. How much rest you get at night.