

# 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

### **Step 1** Identify the Issue

What specifically is the issue that is causing you upset or stress?

### **Step 2** Sort the files

Take a piece of paper and make two columns with the same titles as the following page. List everything that is in your control on the left side of the page and everything that is not in your control on the right side of the page. Double check to make sure you actually have control, meaning that you can guarantee an outcome.

### **Step 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 emotions  
How I respond to my thoughts  
How I respond to my sensations  
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  
Eating well, exercise and 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  
Other people's emotions  
Other people's thoughts  
Other people's sensations  
Others actions for their goals  
How other take care of themselves  
Other people's choices  
Rush hour traffic  
The weather  
Aging, illness and death  
Who likes me  
My past behavior  
Others' 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 peoples judgements of me  
My children's feelings and behavior  
Customers buying your products