

Smarter Stronger Better Mindset

What I can CONTROL

What I can't CONTROL



How well did I control what I can CONTROL? Rank on a scale of 1 – 5 _____

By focusing on what we can control we increase our chances for success. Likewise, shifting our mindset about those things we cannot control increases success, reduces stress and increases focus. For each factor in the UNCONRTOLLABLE column, try to identify a way to influence it. Think about how you can shift your perspective for each item on the list. Is the factor something that can be ignored? If so, what strategy will you use to do so? Can you change the way you think or feel about it? Is there something you can do to reduce the importance you are assigning to it? Once you identify how you can influence each factor, move them to the INFLUENCE column on the sheet below.

What I can't CONTROL

How I can INFLUENCE it



What I can CONTROL

What I can INFLUENCE

What I can't CONTROL

Now consider how much you face each day is either in your control or can be influenced by your mindset or perspective. If you are tempted to shift your focus to uncontrollables, take a deep breath, force it out and think about shifting your perspective and/or your next best move!