**Control Your Controllables**

Apply the following chart to your sport, job, or relationships.

|  |  |
| --- | --- |
| **Uncontrollables**  *What do you have ZERO control over?* | **Controllables**  *What do you have power over?* |
|  |  |

***How do I put this into action?***

Work to put your focus on all of the items you listed in the right column. Those that focus on their internal locus of control (the right column) see higher levels of happiness and performance than those that dwell on the things out of their control!