**Increasing your sense of control**

1. Make three lists of:
   1. things you feel you have little or no control over
   2. things you feel you have some control over
   3. things you feel you have lots or total control over

|  |  |  |
| --- | --- | --- |
| Things you feel you have little or no control over | Things you feel you have some control over | Things you feel you have lots or total control over |
| The opposition  The referee | My mood  My emotions | My attitude  My behaviour |

2. How much time and energy do you spend on these things?

Now for everything in your three lists mark how much time and energy you spend thinking about and talking about these things. Mark them H for High (lots of time and energy), M for medium and L for Low. Finally take a look at what you’ve written. Ideally everything in the first column is marked L, everything in the third column is marked H and the middle column is, well, in the middle.

|  |  |  |
| --- | --- | --- |
| Things you feel you have little or no control over | Things you feel you have some control over | Things you feel you have lots or total control over |
| The opposition (H)  The referee (M) | My mood (L)  My emotion | My attitude (M)  My behaviour (L) |

3. What does this tell you?

The things that you’re spending time and energy on (marked H) that you can’t control are – by definition – a waste of time and cause motivation to decrease. So what can you do to reduce this and shift your focus to things you can control (maybe things in the right hand column marked L)? Complete a new table with two columns like the one below.

We’ve added a couple of typical examples, in our experience, to get you going and then you can add to the list.

|  |  |
| --- | --- |
| Uncontrollables to spend less time and energy on and to talk about less | Controllables to spend more time and energy on and to talk about more |
| The opposition (H)  The referee (M) | My mood (L)  My emotions |