

Take Control of Your Life Worksheet

Which of the following do you feel you currently have control of?

- ☐ Your thoughts
- ☐ Your attitude
- ☐ Your actions
- ☐ How you spend your time
- ☐ How you spend your money
- ☐ Who you spend your time with
- ☐ Your physical health (to a large extent)
- ☐ Your mental health (to a large extent)
- ☐ Your happiness
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Which of the above do you feel you need to work more on?

What things do you stress about that are out of your control? How can you let go, so you no longer stress about them?

_____	_____
_____	_____
_____	_____
_____	_____

Take Control of Your Life Checklist

Evaluate your existing control

Determine your core values

Decide which beliefs you stand behind

Consider your internal motivations

Think about the things that challenge you

Reflect on your answers from above

Decide what you really want and need from life

Evaluate your current position in relation to where you want to be

Set goals to get you from where you are to where you want to be

Create a plan for those intentions and goals

Schedule the steps needed to reach your intentions and goals

Take action every day to reach your goals

Set reasonable boundaries and clearly communicate them

Follow through with consequences when your boundaries are not honored

Work on being consistent with everything you do and say

Give yourself a break as you work on improving yourself and your life

Visualize the life you want to live. Create a vision board for it if it will help to keep your goals in mind

Take Control Of Pages

**Richard McNeil-Willson, Anna
Triandafyllidou**



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