WILD MONDAY

the zone of power

WORKSHEET

1. Imagine this sheet of paper represents your whole life.

2. The circle represents what you can directly control - the zone of power. Everything outside of it is outside your control.

3. Often we focus on the wrong thing. If we invest energy outside of our zone or power on what we can't control, our zone of power will seem really small..

4. Think of a situation in which you feel frustrated, disempowered or stuck. Ask

What can I control?

What can't I control?

What do I try to control that I can't control?

What IS within my zone of power to do about this difficult situation? What COULD I do?