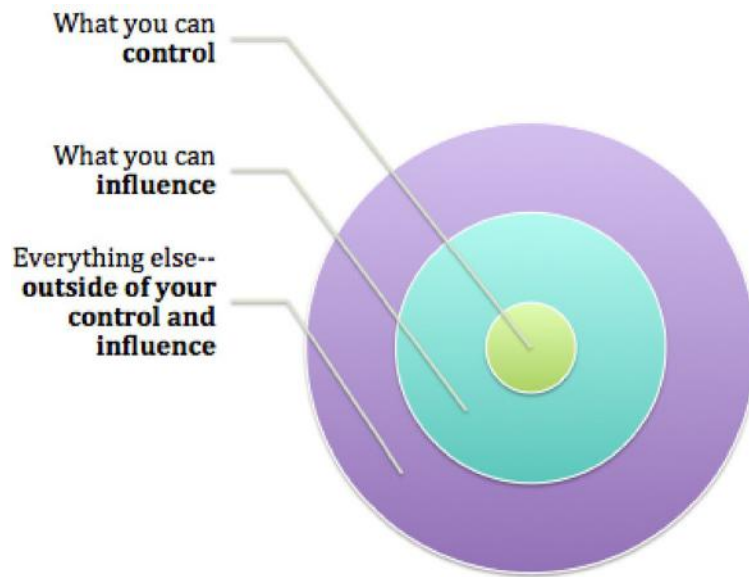


Spheres of Control



Try This Exercise

One of the many ways that we tend to get off track or bogged down while striving towards our goals relates to our “spheres of influence.” The idea behind the spheres of influence tool is that there are three distinct areas we can sort the comings and goings of life into:

1. Things we can control
2. Things we can influence
3. Things we can't influence, either right now or at all times

While we feel like there is nothing under our control, there is often at least one thing that we still have direct control over—our attitudes and behaviour. Even when under enormous pressure or when we feel trapped, we always have that. What else are things we can control?

We also have the ability to influence certain factors in the right direction, even when we cannot completely change them. For instance, while we cannot control others' attitudes or behavior, we can offer them advice and guidance, or provide evidence to help them make good decisions.

The final area in this exercise is for things that we have no control or influence over. This is the largest area since the majority of what happens in life is not under our direct control. A good life coach will help clients recognize and accept that there is much we cannot control, and how to concentrate energy on what we can influence.

