



THE PERSON IN THE MIRROR

HOW MY CHOICES DETERMINE MY DAYS

A Single 60-minute Webinar

1. How strongly people believe they have control over the situations and experiences that affect their lives is called _____.
2. In other words, who or what is _____ for good or bad events in my life?
3. _____ locus of control is when I believe that I often have considerable control by acting in a way that maximizes the possibility of a good outcome and minimizes the potential for a bad outcome.
4. Internal locus of control concerns my _____.
5. Those who feel they are always at the mercy of _____
_____ are said to have external locus of control.
6. Locus of control is often related to taking (or not taking) _____.
7. There are many other _____ that contribute to people having either view; one is not necessarily "good" or "bad," but psychological research has found that people with a more internal locus of control seem to fare better in life.
8. It's important to note that being at the _____ of either perception can create a significant amount of stress in a person's life.
9. It may be helpful to think of our own outlooks in terms of _____.
10. In many instances in life, we _____,
or at least contribute significantly to the _____!
11. Our lives can be likened to a "_____ " of sorts.
12. Each _____ can be compared to an area of our lives.
13. It takes _____ to recognize to what we usually attribute control in our lives.
14. In other words, it takes being willing to _____.
15. So...are you willing to take control of your _____?

Use the following house plan to visualize different areas of your life as we take a closer look. How are you doing?



LIVING ROOM:

The living room involves my _____.

It also involves my _____.

KITCHEN:

The kitchen determines how I am _____ my body.

GYM/EXERCISE ROOM:

The gym influences how I am _____ my body.

MASTER BEDROOM:

The maser bedroom represents _____.

BATH:

The bath involves my physical needs: _____.

DEN:

The den is about _____.

STUDY:

The study involves _____.

SPARE BEDROOMS:

The spare bedroom involves my _____.

GARAGE:

The garage calls attention to my _____.

FRONT PORCH:

The front porch represents my _____.

BACK PATIO:

The back patio has to do with _____.

SIDEWALK:

The sidewalk asks the question: _____?

STREET:

The street requires reflection about my _____.

So...the choice is mine! What will I do differently? _____

Specifically??? _____

Resources: <https://www.psychologydiscussion.net/articles/locus-of-control-meaning-types-and-influence-psychology/1424>
<https://www.psychologytoday.com/us/blog/moments-matter/201708/locus-control>