



CONTROLLING THE CONTROLLABLES

Simplify The Situation and Gain Confidence

YOUR NAME _____

GAINING CONTROL

Knowing the difference between situations and people you CAN impact and those that you CANNOT is a key to confidence. Use this simple worksheet:

Think of all of the things that can impact a game or practice.
In the outer box list all of the things OUTSIDE of your control.
In the small inner box list all of the things you WITHIN your control.

CHAMPIONS Focus their efforts on things within their control. This can, and should, be practiced!

The form consists of a large outer rectangle with a blue border and a smaller inner rectangle with a red border, centered within the larger one. The space between the borders is intended for the user to write down things outside their control in the outer area and things within their control in the inner area.