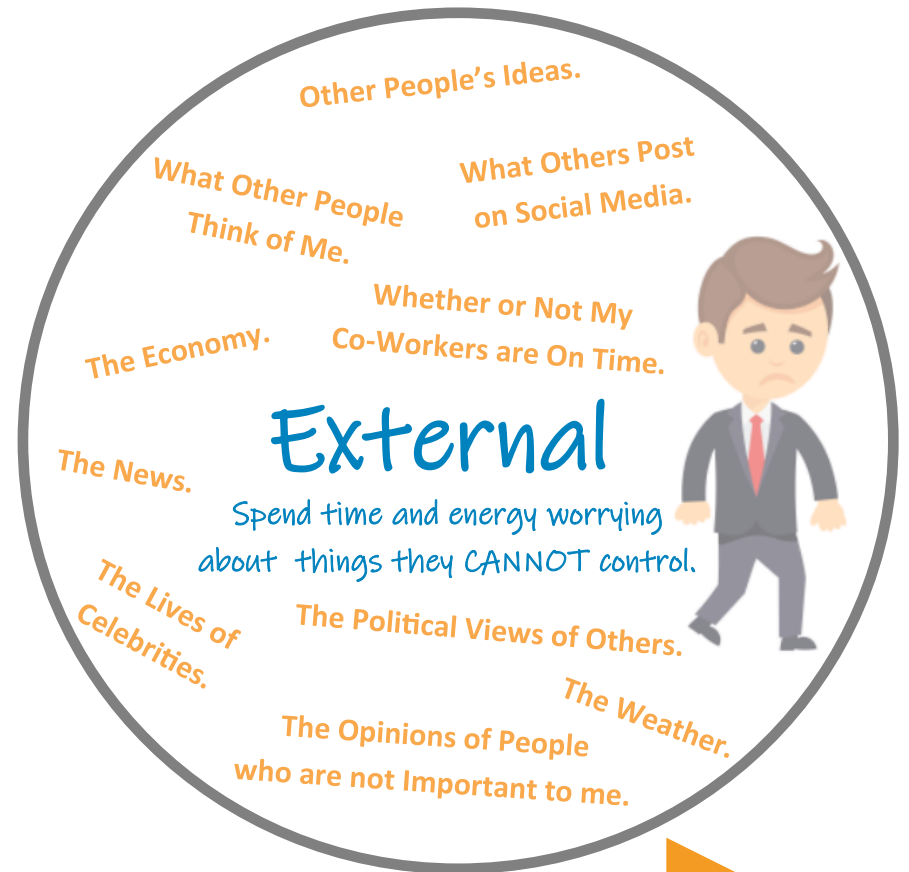
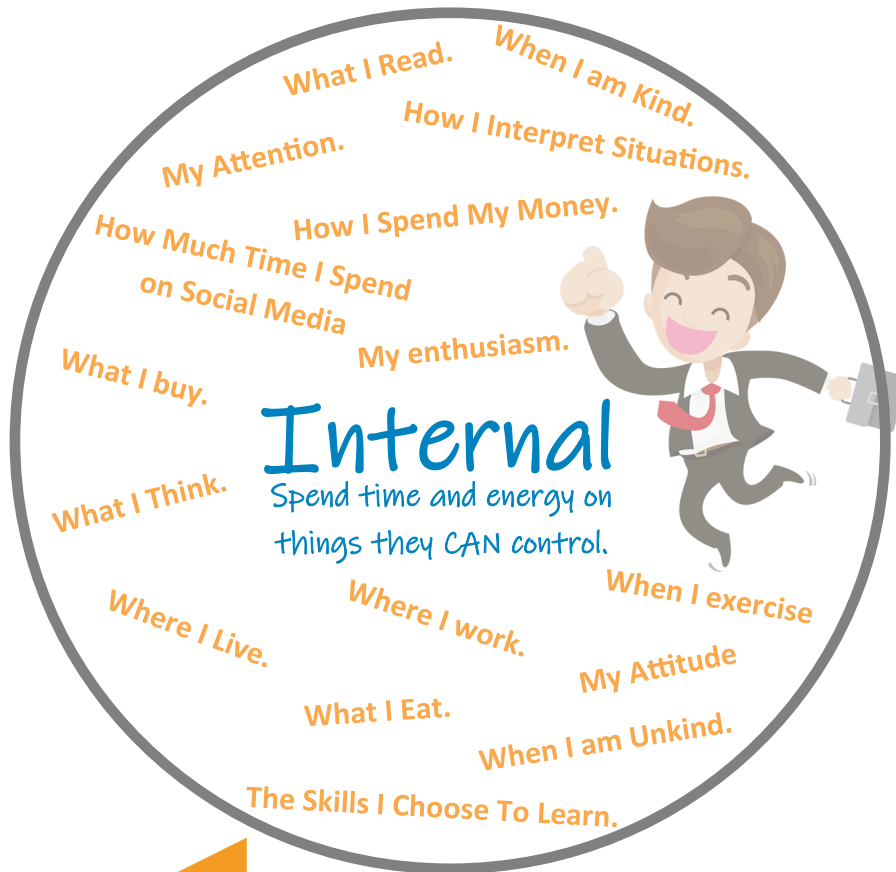


# Locus of Control

Locus of control refers to the extent to which people feel that they have control over the events that influence their lives. When you are dealing with a challenge in your life, do you feel that you have control over the outcome? Or do you believe that you are simply at the hands of outside forces? The goal is to move your mindset from an **'external locus of control'** (other things control me, my mood, my feelings, my actions, my outcomes) to an **'internal locus of control'** (I control myself, my mood, my feelings, my actions and reactions, my outcomes).



I have control of my own actions and reactions.

I give others control of my actions and reactions.



Chris Flickinger

PERFORMANCE MINDSET AND DEVELOPMENT

Inspiring productivity and a positive culture