



I came across this diagram and think it is a wonderful model to use in our everyday lives. So often we blame others for our lack of success, decision making, influence etc. This model separates what is in our personal control and what is beyond our ability to control. I think this is useful because it first focuses on what we can do to make change in our lives. Let us learn to focus on our own words, actions, ideas, play, effort, mistakes and behaviour, the things we can control. If we do that, we are more likely to have a positive influence on others around us.