



Do You Have Control of Your Life?

This worksheet will help you determine how much control you need to have over your life in order to live up to your full potential.

Do you feel like you have control of your life , i.e. free will? Why or why not?

Do you believe that every event has already been pre-determined? Why or why not?

**Completely confused? 😊
Let's get a bit more specific.**

Name 3 things that happened to you today (or yesterday) that you think you had control over.

What was the cause of each event?

In each event, could you have chosen a different action that would have produced a different result?

Based on your answers to the previous 2 questions, did you really have control over the 3 events you named? Why?



Now, name 3 things that happened to you today (or yesterday) that you think you had no control over.



What was the cause of each event?



In each event, could you have chosen a different action that would have produced a different result?

Based on your answers to the previous 2 questions, did you really have NO control over the 3 events you named? Why?

Now that you've gone through this exercise? Do you need to change your answers to the questions on page 1? How?

Do your answers now make sense to you and the way you want to live your life?

Do your answers leave you with a sense of calm and the feeling that you can live up to your full potential?

Or, do your instincts tell you that you can't settle on these answers; that you need to Stay Curious! and learn more about the philosophies introduced in the essay post.

If so, be sure to check out the sources I provided; links can be found at the end of the essay post.

Reach out if I can offer any other inspiration, advice, or encouragement.

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If you found this worksheet to be a valuable resource, please consider supporting us by "buying me a coffee" on Ko-Fi:

<https://ko-fi.com/theexpectationgaps>

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