



# How to Save Energy, Lift Motivation and Create Purposeful Action

THE SPHERES OF CONTROL

# Spheres of Control



If not, can I learn to  
**ACCEPT?**

Do I have any  
**INFLUENCE?**

Is it in my  
**CONTROL?**

# Using the Spheres of Control

Take three deep belly breaths to flood your brain with oxygen and stay out of fight-or-flee stress response.

In the space below, on another piece of paper or if you're doing this as team, on a whiteboard, draw four columns and head them up with the words 'Can't', 'Can', 'Influence', and 'Actions'.

In the first column, identify what aspects of the situation you *can't* control. These are often the things that are most frustrating to you.

In the second column, list what you *can* control, this has to be what you have 100% control over (tip, in reality this is only what you *do* and *how you show up*).

In the third column make a note of what you can influence and by how much, using a scale of 0-100% or high/medium/low.

Now take a step back and review the three columns.

Where have you been focusing your attention with this struggle – column 1, 2 or 3?

What might you need to let go of in order to move forward?

Review columns 2 and 3 – what you *can control* and what you can *influence*.

Focusing on column 2 and the higher % in column 3, what action can you take that would be effective and make a difference to progress this situation?

Make some notes in Column 4.

# dr. paige



**DR. PAIGE WILLIAMS** is a speaker, author, and PhD in Organizational Behaviour.

Paige believes that leadership is the most potent leverage point in any system – team, family or workplace – to create positive change. And that we each have a capacity to lead, exceptionally, that we are yet to realise.

**Her ambition is bold: to teach, inspire and encourage you to have the confidence, clarity and commitment to be the exceptional leader the world needs you to be.**

Using a potent blend of neuroscience, psychology and her own extensive international business leadership experience, Paige helps leaders across business, government, NGOs, and education to lead themselves, their people and the systems they work in, exceptionally.

The results are dramatic and measurable.

An Honorary Fellow of the Centre for Wellbeing Science and an Associate of Melbourne Business School, Paige is known as a leadership and culture expert. The potent combination of real-life leadership experience and deep academic knowledge fuels her superpower of translating complex ideas and academic research to make them real, relevant, and relatable to the work that people do every day.

Paige is the author of five books on leading well in modern times. She is obsessed with one question above all others: 'What does good look like?' and suggests that answering this question requires a multifaceted, systems view of leadership in the 21st century.

In her latest book, *The Leaders Ecosystem*, she provides nine critical essays and insights that enable a contemporary leader to meet the challenges and leverage the opportunities of our time.

[connect@drpaige.au](mailto:connect@drpaige.au)  
[drpaige.au](http://drpaige.au)

