

THRIVING WEEKLY COACHING GUIDE

Taking Control of Your Wellbeing

Research has shown one of the greatest predictors of wellbeing is personal locus of control, which is simply the belief that you can guide your life and achieve outcomes based on your efforts and the decisions you make.

If you would like to improve your wellbeing - in particular life satisfaction, job satisfaction and positive emotions – focus on boosting how responsible you feel for achieving outcomes in your life.

1. Practice accountability.

When something happens in your life, whether it be good or bad, take some time to reflect on the role you played in the event. It's important to exercise a balanced view here – you don't want to get into the position where you feel that everything in life is directed by you, as you might start to fall into a cycle of self-blame. You want to get to the point where you can acknowledge both the internal and external factors that impact outcomes.

2. Challenge all-or-nothing thinking.

There may be times when you're completely in control of directing a situation, or where an external factor has caused an outcome. But often, we live in a grey area where situations are partly to do with our efforts and decisions, and partly other external factors. If you find yourself thinking in black-and-white terms, challenge yourself to embrace the grey areas where multiple factors affect outcomes.

3. Develop a learning mindset.

It can be painful to acknowledge the part you've played in creating an undesirable situation, but if you can view this as a learning experience that will teach you something invaluable, it can take the sting out of being accountable.

4. Make plans to direct your future.

If there's something you want to achieve, take some time to make plans about how you can make that happen. Luck might play a role in achieving goals but keep focusing on the actions you will take to make it happen.

5. Stop the blame game.

The next time you want to blame another person for creating an undesirable situation, stop. Before confronting that person, or even just thinking about blaming them, get into the habit of acknowledging the role you played in the situation. This doesn't mean you should never hold others accountable, but your wellbeing and relationships will benefit from assessing your role in the situation.

MINDSET MATTERS

WITH DR GEMMA LEIGH ROBERTS

If you'd like to work on taking control of your wellbeing, use the checklist to track how often you're using these techniques over the next week.

	Accountability	All-or-nothing thinking	Learning Mindset	Directing Future	Avoiding Blame
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Areas I'd like to focus on next week:
