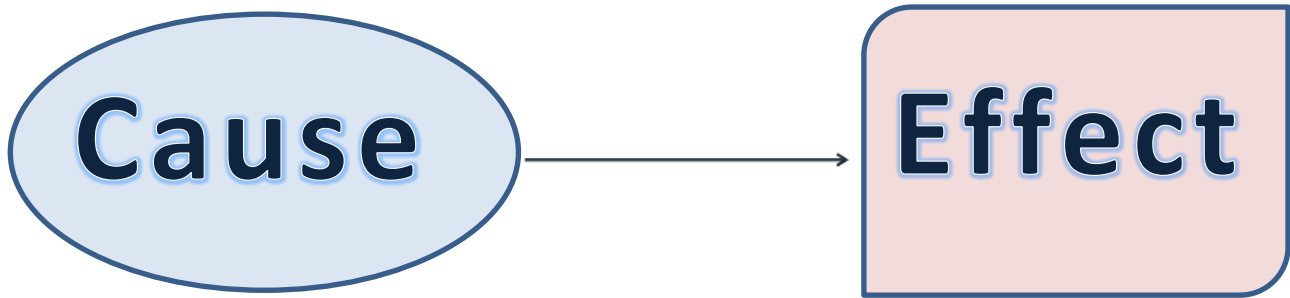


Who Controls Your Life?



“I influence everything that happens to me.”

“I take responsibility for everything that happens in my life.”

- I run my business the way I want – GFCwhat GFC?
- I am responsible for maintaining the relationships in my life.
- I accept that I have had an influence over everything that has happened in my life and business.

“My life is random, I can’t affect or control what others say or do.”

- There is a GFC over which I have no control.
- There is no way I can control what others say or do.
- Bad stuff has happened to me that is not my fault.

*Being at ‘Cause’ is not blaming yourself for things. It means you **accept that you have had an effect**, no matter how tiny, on everything that happens.*

This is a VERY empowering thing to think and believe.

So next time something ‘bad’ happens, manage your state – own your role - and ask yourself:

- *“In what way did I influence this?”*
- *“What am I **learning NOW** about how I might do things BETTER and differently in the future?”*

You are in control of your own life when you are at Cause.

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Counselling ★ Hypnotherapy ★ Psychotherapy