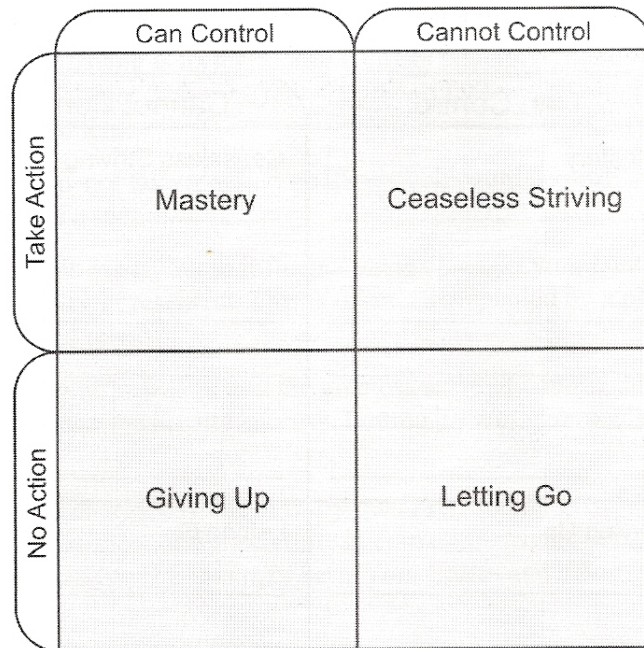


# Mapping Your Actions on the Personal Power Grid<sup>SM</sup>

The exercise on the preceding page may have shown that you are putting a lot of energy into things that you cannot control or influence. This can lead to frustration or even burnout as you can see on the Personal Power Grid<sup>SM\*</sup>, shown below.



The Personal Power Grid<sup>SM</sup> provides a map for focusing your attention in change situations. You will get one of four results, depending on the action you take and the amount of control you have. The result at each intersection of action and control can be explained as follows:

- Taking action on things you can control helps you feel good and powerful; it gives you a sense of *mastery*
- Taking action in areas you cannot control leaves you feeling frustrated and angry as a result of *ceaseless striving*
- Not taking action on things you could control leaves you feeling helpless and hopeless; you feel like *giving up*
- Not taking action in areas where you have no control leads to the relief of *letting go*

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