WORKSHEET

LETTING GO OF CONTROL

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INTRO

Control helps us feel grounded, but too much of it can limit creativity, trust, and growth.

This worksheet will help you explore where control supports you and where it might be standing in your way.

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1. Where in your work or life do you feel the strongest need for control?

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2. Think of a recent change or disruption.

How did you respond? What did that reveal about your need for control?

3. When have you given someone grace when plans changed?

What allowed you to do that easily?

4. When has someone extended that same grace to you?

How did it feel to be understood instead of judged?

5. What would it look like to trust that things can work out even without your full control?

CLOSING THOUGHT

Letting go of control is not weakness. It is strength in its most grounded form. It allows space for others to show up, and for you to lead with steadiness and peace.

> **You must learn to let go. Release the stress. You were never in control anyway.**
>
> — Steve Maraboli