

TINY BUDDHA'S Worksheet for Letting Go of Control

A companion to Tiny Buddha's Inner Strength Journal
tinybuddha.com/strong

1. In what area(s) of your life do you currently exert the most control? How and why?
2. Who does this impact the most, and how?
3. What's the emotional payoff to exerting control in this way? What does this allow you to feel or avoid feeling?
4. What are the negative consequences (for you and others) to exerting control in this way?
5. How might your life (or others' lives) improve if you let go of control in this area of your life?





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6. What would it look like to let go of control in this area of your life? What would you need to do or stop doing?

7. What would you need to believe, about yourself, other people, or the world, to let go of control in this area of your life?

8. Looking back on your past or at your present, can you find any proof that this belief or these beliefs are true?

9. What's one thing you can do differently today to let go of control in this area of your life?

10. What's something you can tell yourself if/when you're struggling with letting go?