

Empowerment & Locus of Control

Research shows that the more able we are to cultivate an internal locus of control the healthier our sense of self and success in life.

External Locus

- Control of future resides primarily in external forces beyond my control.
- Unable to see own contribution to situation.
- Locates limitations in outside forces.
- Lower motivation, initiative and willingness to take risks.

Locus of Control

Internal Locus

- Control of future resides primarily in me (attitude, actions & choices.)
- See own contribution to situation.
- Owns own limitations.
- Motivated to risk creating the results they want.