

Personal Power Grid

The Personal Power Grid gives us a framework to assess situations based on the control we have and the actions we take. The Grid enables us to choose where to focus our attention and expend our energy. It's a valuable tool when people are focused on the negative or are feeling disempowered and you want to help them proceed in a constructive way.

	Can Control	Cannot Control
Take Action	Mastery	Ceaseless Striving
No Action	Giving Up	Acceptance

Mastery – Taking action on things you can control.

Giving Up - Not taking action on things you could control. You may end up acting helpless or feeling hopeless and like a victim.

Ceaseless Striving – Trying to affect things beyond your control. It can feel frustrating with no sense of accomplishment.

Acceptance - Acknowledging our lack of control and choosing to take no action. You choose the positive resolution of letting go without guilt or resentment. It generates a feeling of relief and release.