

# The Trichotomy of Control & Action Steps

## The Stoic Trichotomy of Control

According to the Stoic philosophy, there are three kinds of things in life: those you cannot influence (for example, the weather), those you can influence (for example, winning a game of tennis) and those you can control (for example, picking up a book to read it). Use the trichotomy to categorize the aspects of your life.

*What I Cannot Influence*

*What I Can Influence*

*What I Can Control*

**Action Steps**

Write down at least three concrete things you can do out of the things you can influence or control that you intend to do in the next seven days to advance your values and/or to improve your vocation.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_