

Renewing the Mind – Perspective & Locus of Control

Perspective

One of the biggest game changers for helping your clients re-NEW their mind is understanding they have the power to choose and change their **perspective**.

Perspective is the lens through which we view our world. The question is whether life is happening TO me. Am I a victim of circumstances? Or is life happening THROUGH me?

The metaphors we choose to describe our life reveals our perspective. Is life a battle or an adventure? Is it a "bitch" or a precious gift?

Our perspective will also determine the level of self-responsibility we are willing to assume. Are we just waiting at the bus stop to heaven or are we "occupying till He comes"?

Locus of Control

As a coach, it is essential that we equip our clients with the understanding and ability to recognize the difference between an external locus of control and an internal one. This awareness will help them begin to identify the areas they are holding the perspective of being a victim (external locus of control).

It cannot be over emphasized; **Perspective is a choice**. Using tools they can begin to take back their God-given power to choose a different perspective.

- **External Locus of Control (victim).** Those who hold this perspective believe that people and circumstances outside of themselves determine their happiness and success. They think and say things such as:

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"***When*** **_____** *(person, thing or situation e.g. my spouse, boss, the economy) changes* ***then*** *I will be* **_____** *(happy, successful, etc.)*"
or

"*If* **_____** *happens* ***then*** *I will be* **_____***"*

The external locus of control holds the belief that **life is happening TO me.** Those who hold this belief often feel **helpless**. They **blame** and have lots of reasons (excuses) why they cannot do or be something.

Studies have shown that those with an external locus of control perspective have the highest rate of anxiety, depression, suicide, and addiction.

- **Internal Locus of Control (victor).** With this perspective, the person knows they have the **power of choice.** They can choose their thoughts, beliefs, attitudes, words, and actions. In other words life is not happening to them. **Life is happening THROUGH them.** With this understanding they can begin to take back their power and drop the excuses and blame.

Tool #1 - Start the day with small daily disciplines

Taking control of the way you start your day will affect the entire day. Small actions done daily become success habits and increase our confidence. Making our bed, drinking a glass of water, saying affirmations or taking a walk can make a big difference. **Consistency creates momentum**. Do not have your client attempt to make many major changes at the same time. Choose 1 or maximum 2 small habits. Commit to **21 days** of doing these before decide if it is working. They can then add more.

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Tool #2 - Activate your God-given power of choice

Carefully choose your thoughts and words. Use sentences such as,

“I choose to _____”.

“I choose not to _____”

often to remind yourself you have the power to choose. Avoid sentences such as,

“I can’t _____”

“I don’t have enough _____”

or other lack based sentences that make you feel helpless or powerless.

What is Coaching Success?

- Client understands the difference between an external and internal locus of control.
- Client is open to seeing the areas they have unconsciously chosen the perspective of victim.
- Client begins to activate his/her God-given ability to choose.
- Client begins 1 or 2 small daily disciplines and is committed to making them a habit.
- Client continues to practice using the tools to renew the mind.
- Client is experiencing a more positive view of themselves.

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