

# Internal Locus of Control

People who have an internal locus of control believe that they are responsible for their own success.

I make strong **CHOICES**  
"I think before I do things"

I find **SOLUTIONS**  
"This way helps everyone"

I can **GROW**  
"I will make a better choice next time"

I **OWN** my own choices.  
I help others and myself  
"I will practice" "I can help you"



## S.O.A.R up the Ladder of Success

I **HOPE** it gets better  
"I can't change it"  
"Someone else might do it"

I make **EXCUSES**  
"It's not my fault"  
"I wasn't ready"

I **BLAME** other people  
"He started it"  
"She did it too"

I **CAN'T** change it  
"Someone should do it for me"



# External Locus of Control

People who have an external locus of control believe that they do not have control of their success or failure.



# Internal Locus of Control

I make strong **CHOICES**  
"I think before I do things"

I find **SOLUTIONS**  
"This way helps everyone"

I can **CHANGE**  
"I will make a better  
choice next time"

I **OWN** my own choices.  
I help others and myself  
"I will practice" "I can help you"

I  
CAN

# S.O.A.R up the Ladder of Success

I **HOPE** it gets better  
"I can't change it"  
"Someone else might do it"

I make **EXCUSES**  
"It's not my fault"  
"I wasn't ready"

I **BLAME** other people  
"He started it"  
"She did it too"

I **CAN'T** change it  
"Someone should  
do it for me"

I  
CAN'T

# External Locus of Control