Resilience – What is C.I.A.

C ontrol

There are some things in life you can control (not as many as we’d like!). If something is not the way you want it to be (if you think it could be improved, or shouldn’t even be there at all) and it’s within your control, then rock on and give it 100% of your energy/attention/effort to change it or get rid of it.

I nfluence

Some things in life are not in your control but you do have some influence over them. Be quite specific with this. If you think you have 80% influence, then that problem gets 80% of your energy or effort. If you feel you have only 5% influence over something, it only gets 5% of your blood, sweat and tears!

A ccept

Some things are out of your control and you have no influence over them. When this is the case, they all go straight into the Accept basket, and they get ZERO of your sweat. None of your sleepless night hours, no painstaking thought looping, no conversations about how that thing shouldn’t be the way it is. Nada. Zilch. And by the way, there is a massive chunk of things that can all go straight into this Accept basket… and that is everything that has happened in the past. Done, just like that. Zero woulda, shoulda, coulda’s. Just learning from them to improve for the future.