

# The Psychology of

# WINNING

## CHAPTER 3 POSITIVE SELF-CONTROL

Name: \_\_\_\_\_

"Winners...take the credit or the blame for their own performance."

Dennis Waitley

### READ About It:

Waitley says "self-control is synonymous with self-determination." How does having self-control give you freedom to determine your goals? \_\_\_\_\_

What happened with Waitley's 11-month-old daughter when he tried to force her to eat squash? \_\_\_\_\_

She was controlling the situation, even as a baby. What does he say about gaining control as a parent? \_\_\_\_\_

### Get CRITICAL:

Do you feel you have control over your experiences of pain, hurt or negative emotions (jealousy, anger or hatred)? YES \_\_\_\_\_ NOT COMPLETELY \_\_\_\_\_

Why is it so important to take control of your present and future action versus getting hung up on the past? \_\_\_\_\_

Tell a little story from your own life where the *law of cause and effect* (i.e., the consequences of your choices) created a positive result. \_\_\_\_\_

### APPLY what you've learned:

Choose one of the action steps at the end of the chapter. \_\_\_\_\_

Now one week from today, write down your experience with that action step (how did it help you gain more control?) \_\_\_\_\_