



THREE BUCKETS

[CONTROL]

Everything that happens to you in life falls into one of three "buckets:" what is in your control, what is out of your control or what is within your influence. Healthy and emotionally stable people are those who effectively place each life experience in the correct bucket and act accordingly. If the situation is in your control, you must initiate. If the situation is out of your control, you must trust. And if the situation is within your influence, you must respond as you can. The way to stay stable in difficult times is to place each moment in the right bucket.

FAMILY ACTIVITY

Ball Toss

Find bowls, cups or containers and try to get the ball into the differing containers standing a foot away. Then, two. Then, three. Afterward, talk about how easy it was to get the ball in the first bucket versus the last.



Click [here](#) for additional ideas for creative ways to stay busy

DISCUSSION QUESTIONS

1. Think about right now: what is in your control, within your influence and out of your control?
2. What do you think is the difference between "out of your control" and "within your influence?" Give an example of both situations in your life.
3. Who are some leaders you know who have responded appropriately to difficult experiences or situations? How did they do it?



HAVING INFLUENCE

Most of the time when people are frustrated or overwhelmed by experiences in their life it is because they are placing those experiences in the "wrong bucket." Human beings often want to control things that are out of our control, we don't take responsibility for the things that are in our control, and we are often afraid to act on things that are within our influence.

The challenge for each of us during COVID-19 is to respond the right way to each situation. You cannot control the presence of the virus or the actions of other people, but you do have control over your attitude, your daily habits and the way you encourage and empower others (at a social distance of course).

In March of 2020, loads of companies had to align their buckets with their situations, and several of them showed us the amazing things that can happen when great leaders handle difficult situations correctly. Zoos and aquariums all over the world were forced to close but that didn't stop them from sharing the joy that comes from their animals with the world. They [opened live video feeds](#) so kids at home could still enjoy, and shared [videos of penguins roaming free](#). The University of Purdue did this too when they were forced to cancel their graduation ceremony. They decided to control the things that they could control and [switch to an innovative digital ceremony](#) where every student's name would still be called. It's pretty cool what can happen when you put your experiences in the right bucket, and take action on what is within your influence.



Manage Control

At the end of [this article](#), Naomi writes a poem about the time we're in. Be bold and post an original poem of your own with the hashtag [#HabitudesHomeChats](#) for a chance to be featured on the Growing Leaders Instagram [@growingleaders](#)