

(from Chapter 8: *The Mentally Strong Leader*)

Staying goal-focused requires concentrating on things you can control, and that give you more control over goal-progress. ***The Control Check*** helps you do this. In the *Setbacks* column, list everything you're worried about that could become a setback regarding pursuit of your goal. Then, circle only what you can control. In the *Systems* column, list all the systems (processes, procedures, and structures) you'll need to have in place to help you achieve your goal.

Fig. 8.5 The Control Check

Setbacks	Systems