

Control, Influence, Release Sort

FIELD TOOL

The Control, Influence, Release Sort. Write down everything on your mind about a slow process. Put each item in one column, then pick one action from the first two columns for this week.

What I control <i>My effort, attitude, follow-up, and how I treat people</i>	What I can influence <i>A partner, a process, or a person I can reach</i>	What I need to release <i>Timelines, decisions, and policies outside my reach</i>

This week

One action from "What I control":

One move from "What I can influence":

One thing I am choosing to release, at least for today:
