

Locus of Control Self-Check Worksheet

A short, practical tool to spot your own patterns of thinking, based on the ideas covered in our guide on Locus of Control in Personality Development.

How to use this worksheet

Read each statement below and rate how true it feels for you right now, on a scale of 1 to 5. There are no right or wrong answers here. Answer based on how you actually think, not how you wish you thought.

1 = Not true for me | 3 = Somewhat true | 5 = Very true for me

Part 1: Rate Yourself

#	Statement	Your Score (1-5)
1	When something goes wrong, my first instinct is to look at what I could have done differently.	
2	I believe my daily choices have a real effect on how my life turns out.	
3	When I fail at something, I usually blame luck, timing, or other people first.	
4	I feel like other people or circumstances are usually in charge of my outcomes, not me.	
5	I set goals for myself and expect my own effort to move me toward them.	
6	I often feel there is little point trying, since the outcome depends on factors outside my control.	
7	After a setback, I can usually name one thing I will try differently next time.	
8	I find it hard to bounce back when something does not go my way.	
9	I feel confident that my skills and effort matter more than chance in most situations.	
10	I tend to wait for someone else to fix a problem instead of taking the first step myself.	

Note: statements 3, 4, 6, 8, and 10 are reverse-scored. Before adding up your total, flip your score for these five only, using this key: 1 becomes 5, 2 becomes 4, 3 stays 3, 4 becomes 2, and 5 becomes 1. Then add up all 10 adjusted scores.

Part 2: Score Yourself

Total Score	What It Suggests
10 - 23	You are currently leaning toward an external locus of control. You may often feel like outcomes happen to you rather than because of you. This is common, and it can shift with small, consistent practice.
24 - 36	You sit in a balanced zone. You recognize your own influence in most situations, while still accepting that some things genuinely sit outside your control.
37 - 50	You are leaning strongly internal. This usually supports motivation and resilience. Just keep an eye on whether you are taking on blame for things that were never fully in your hands.

Part 3: Reflect in Your Own Words

Pick one recent situation that did not go the way you wanted. Answer these three questions about it.

- What part of the outcome was genuinely within your control?

- What part of the outcome was genuinely outside your control?

- What is one thing you will do differently the next time a similar situation comes up?

Part 4: One Small Action This Week

Choose one step from our full guide and write it here. Keep it small enough that you will actually do it.
