

Potty Pointers

Control Your Destiny

Are you the master of your own destiny? OR is your future in the hands of fate? People have either an internal or external Locus of Control. **Locus of Control (LOC)** refers to your view of how your actions impact life. Internal LOC people feel in control. External LOC people credit luck, fate or other people for life's outcomes. An internal LOC helps you improve health and money management behaviors.



So, what if you have an external LOC? Don't despair. You can move toward an internal LOC. Here's how:

- Take an online survey to learn more about your LOC.
- Make a list of the external forces you blame for your poor health or financial management practices.
- Examine how your decisions and actions affected the outcome of life events.
- Set small, quick, easy-to-reach goals. Focus on your own efforts. Celebrate your achievements.

Take charge. Discover your power to improve health and increase wealth.

Learn more strategies for success with Small Steps to Health and Wealth.

- Visit our website at arfamilies.org.
- Like Arkansas Saves on Facebook.
- Follow Dr. Laura Connerly on Twitter.



UofA DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System

University of Arkansas, United States Department of Agriculture and County Governments Cooperating. The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.

