

TRICIA ZODY
Another Beautiful Life
COACHING

Agency

'Agency' is defined as the capacity of individuals to act independently and to make their own free choices. 'Agency' is taking responsibility for your life through self-regulatory skills.

Make note where you are giving your agency away in any of these areas: To whom or to what and why?

- You can't make your own decisions

- You can't ask for what you need

- You can't say "no"

- You can't speak up and feel criticized when you do

- You feel responsible for other people's feelings

- You seem to take on other people's moods

- Your identity is wrapped up in someone else

- You are often nervous, anxious, or resentful around certain people

- You are sacrificing your own needs to please another

- You are letting another's feelings dictate your own

- You are blaming others for your problems or your moods

Agency means that you have the capacity to make decisions for your life that are alone your responsibility, no one else's. No one gets to tell you what to do - except for your Heavenly Father. You alone are responsible for how you feel. You get to decide how you want to feel, regardless of anyone else around you.