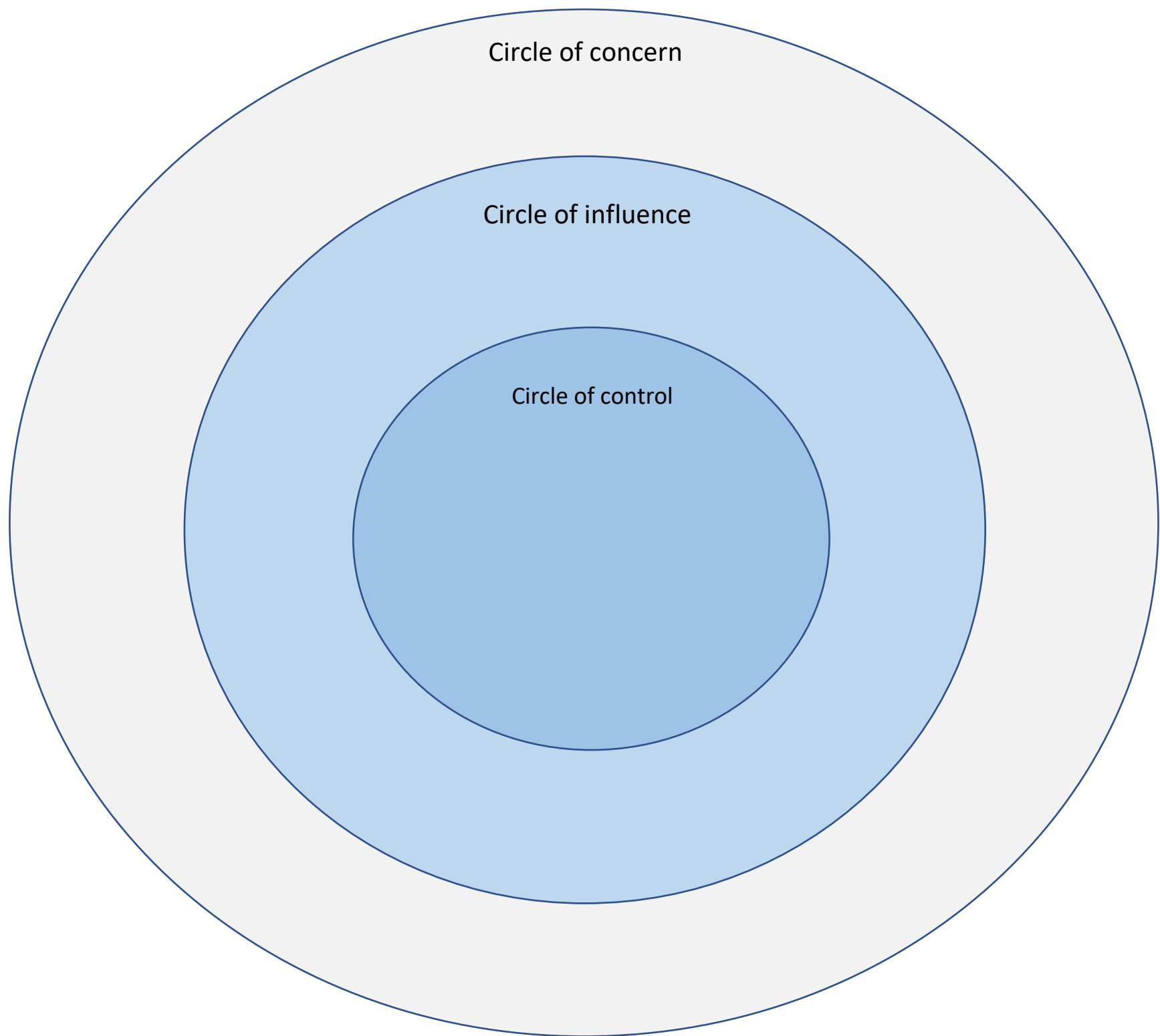




Circle of concern

Circle of influence

Circle of control

Circle of concern

The situations, circumstances and issues we have, but over which we have no control.

Circle of influence

Circumstances, issues, or problems we have indirect control over, which includes problems involving other people's behaviour. We can't directly control them, but we may have influence over them by our own actions and choices.

Circle of control

We have direct control of situations, circumstances, or issues. This includes problems involving our own behaviour and thoughts.

When we put out energy into those things in our circle of concern we feel out of control and helpless. If we direct our energy to our circle of influence and circle of control, we give ourselves a sense of power.

1. Make a list of everything that is bothering you. It may be past present or future.
2. Look down the list and decide which things you can actively control. Ask yourself the question, can I influence, or can I control?
3. Write those things in the middle **Circle of control** there may not be many at this point
4. Look at the other things and decide whether you are able to influence or have any impact on them, these go into the Circle of influence.
5. Lastly anything left is the circumstances that are out with your control and they go into the outer Circle of concern.

Some examples of concerns, circumstances and issues to consider:

Weather Productivity at work World peace Whether people like me My mood
Public transport Ethnicity Who I vote for Children's future My work ethic
Media reports My commitments My reputation The economy Promotion opportunities