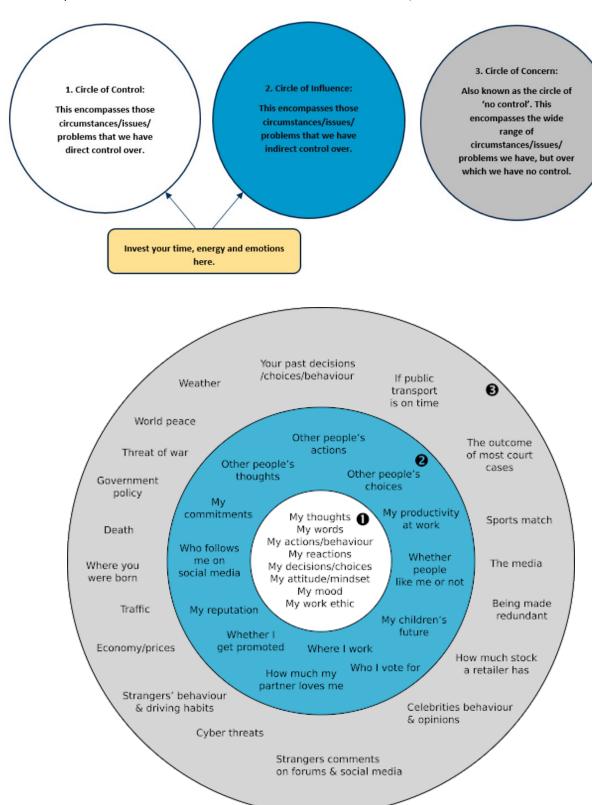
Circle of Control

CIRCLE OF CONTROL

Steven Covey created a model that shows 3 concentric circles: Concern, Influence and Control.



Circle of Control

DRAW YOUR OWN

- 1. In the outer grey ring list those things that you are concerned about, but can't control or influence
- 2. In the blue circle list those things you are concerned about, and you can influence
- 3. In the centre list those things you have control over right now

MANAGE YOUR ENERGY

- How can you balance your energy between expanding your circle control with managing your own self-care and letting go of the things you cannot control?
- Where might you increase your influence through intentional and meaningful words or actions while letting go of controlling the outcome?
- What is the BEST use of your limited energy right now?

