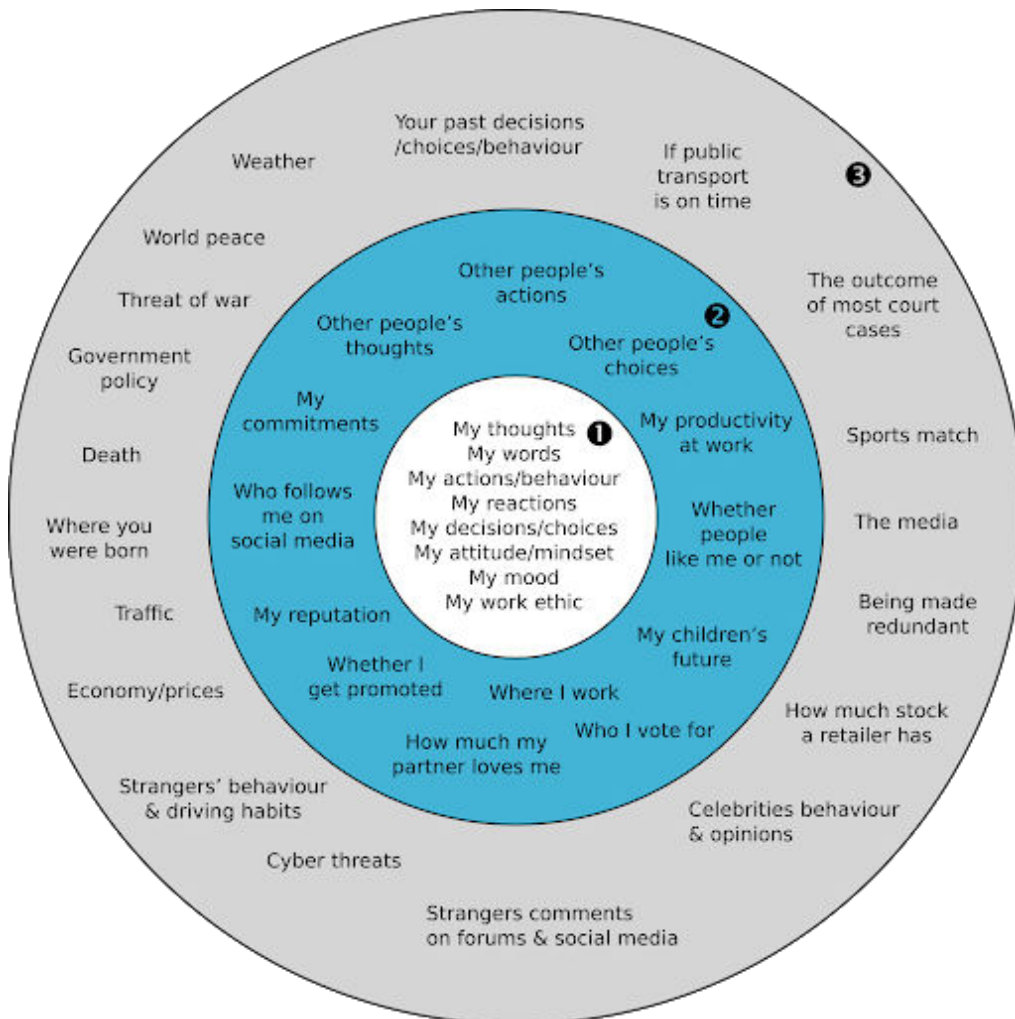
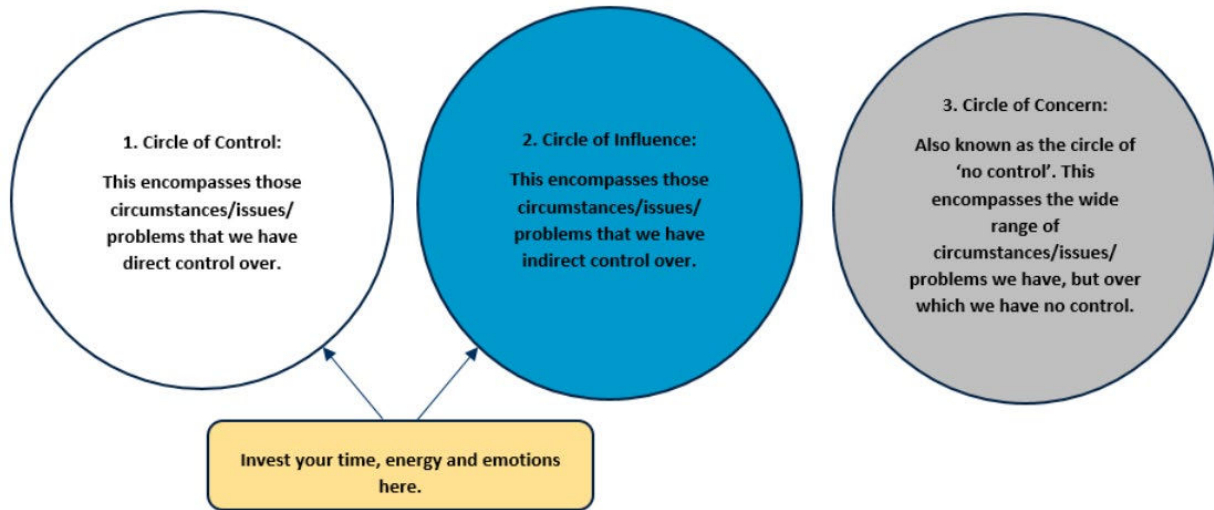


Circle of Control

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?

