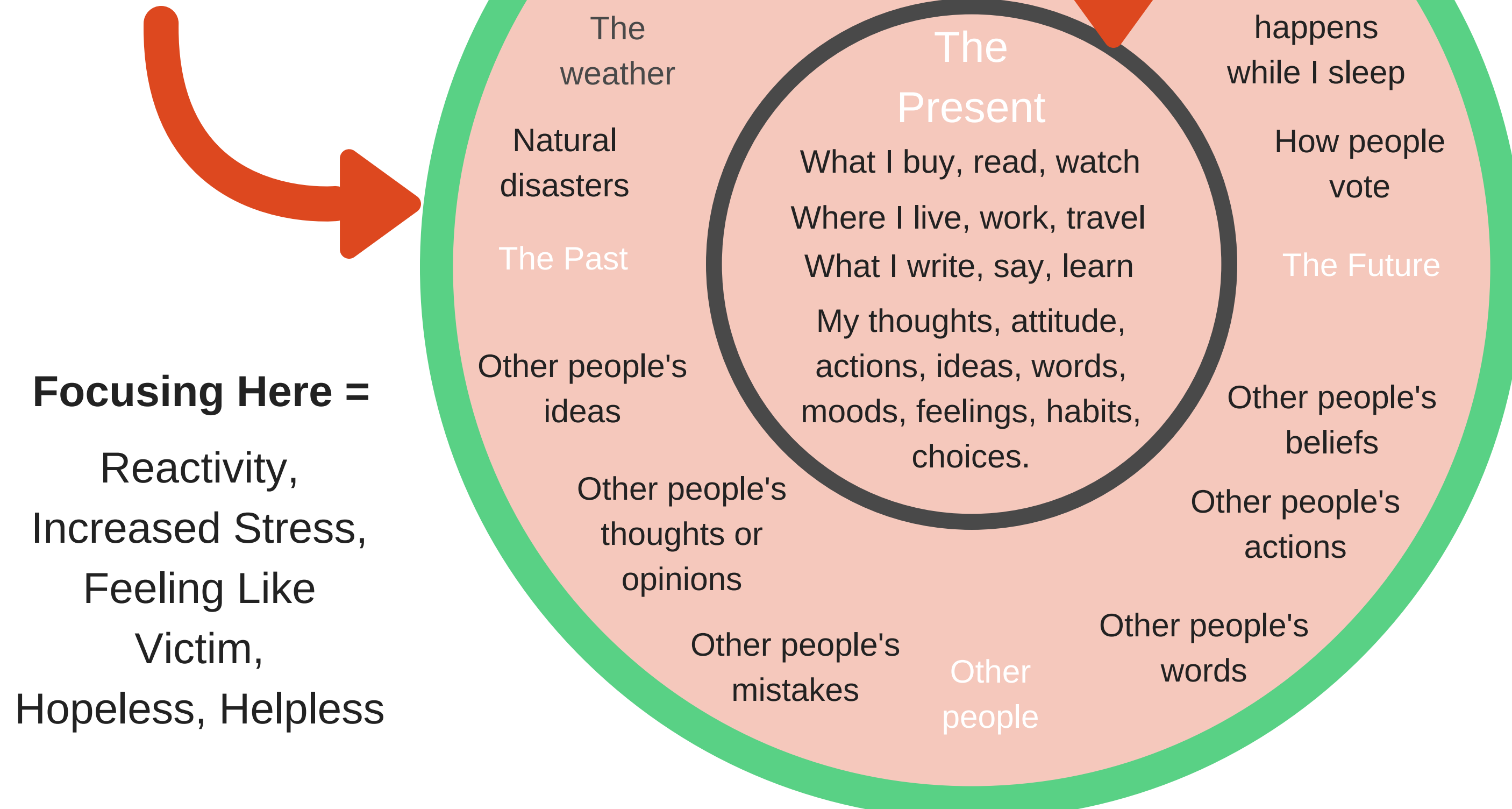


Circle of Concern

Things I am not responsible for and things I cannot control

Circle of Influence

Things I am responsible for and things I can control



Focusing Here =

Reactivity,
Increased Stress,
Feeling Like
Victim,
Hopeless, Helpless

Focusing Here =

Proactive,
Decreased Stress,
Feeling
Empowered,
Hopeful, Optimistic

10 Ways To Grow Your Circle Of Influence

Focus on the things you can control

Accept the things you cannot control

Choose the feelings you want to have

Decide how you are going to respond

Set clear intentions for your interactions with others

Anchor your actions in your values

Reframe events to the most empowering meaning

Adopt a positive attitude

Choose proactive language

Create character building habits