

When you face the
inevitable challenges
and obstacles on
your path...

CIRCLE OF CONCERN

CIRCLE OF CONTROL

Take control of your success today

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GET BACK IN THE DRIVER'S SEAT

When we face challenges, set-backs and obstacles on the path to success, we can start to feel stressed, anxious and overwhelmed, because we are no longer in control.

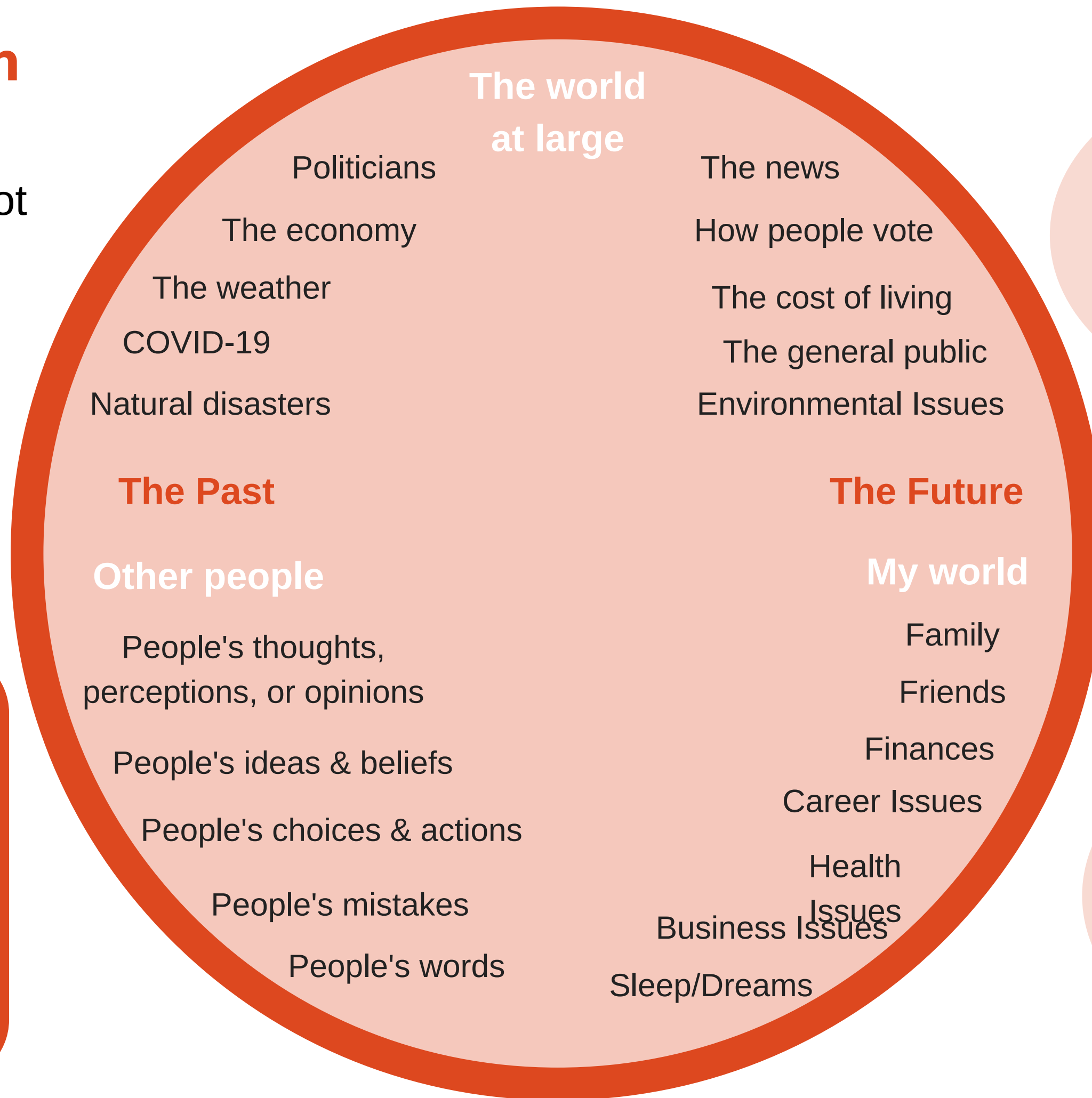
At some level, the brain recognises it has no control, and this creates a physical '**stress-response**'.

The **stress-response** is the emergency-response system of your body. It's also known as the “fight or flight” response, and it's there to keep you safe in life-threatening emergencies. But it can get triggered any time you feel **stuck, lost, powerless, out of your depth, like when you are dealing with 'unknowns' or issues on the path**. The stress-response includes various physical, emotional and thought-based reactions which are designed to help you survive. However, these automatic reactions can get in the way of clear thinking and good decision making.

In his book, **The 7 Habits of Highly Effective People**, Stephen R. Covey came up with a useful way of thinking about situations where we feel out of control, so we can get back in the driver's seat quickly.

Circle of Concern

Things that matter to me, but which I may not be able to control



Focusing Here =

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

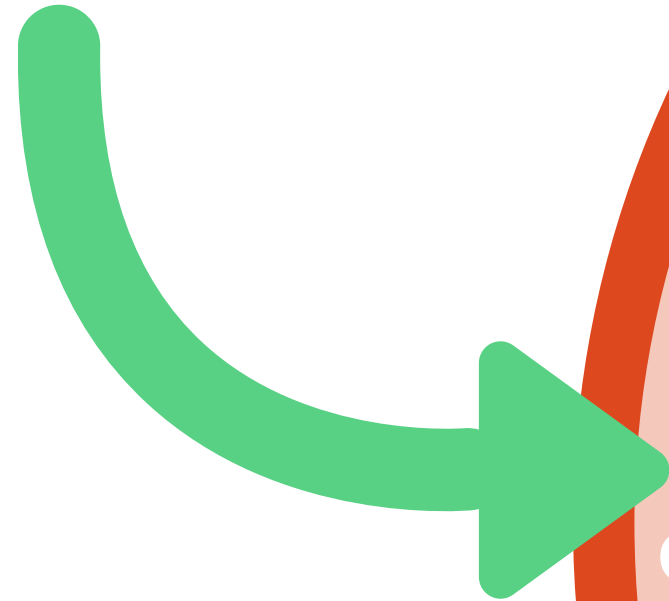
I've added some examples to the Circle. These are the sort of things that most people would place in this circle...but feel free to add whatever feels right for you...



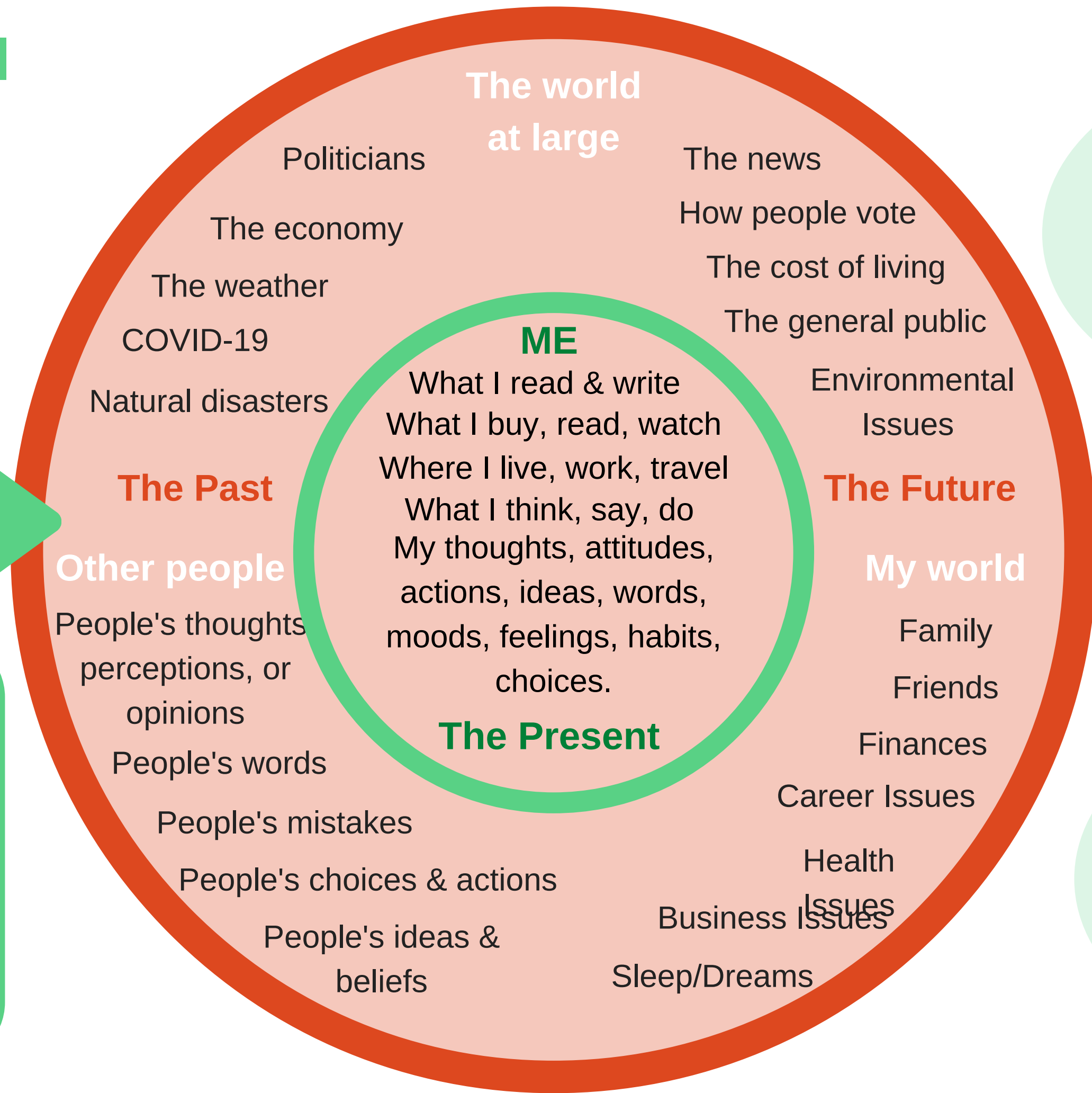
You'll also notice I've included 'The Past' and 'The Future' - that's because it's all too human to care about things that have happened or might happen, but again we have little or no control...

Circle of Control

Things I am responsible for and things I can control



Focusing Here =
Proactive,
Decreased Stress,
Feeling
Empowered,
Hopeful, Optimistic



Now I've added some examples to the Circle of Control. It's a smaller circle because there's not as many things we can control in this world...

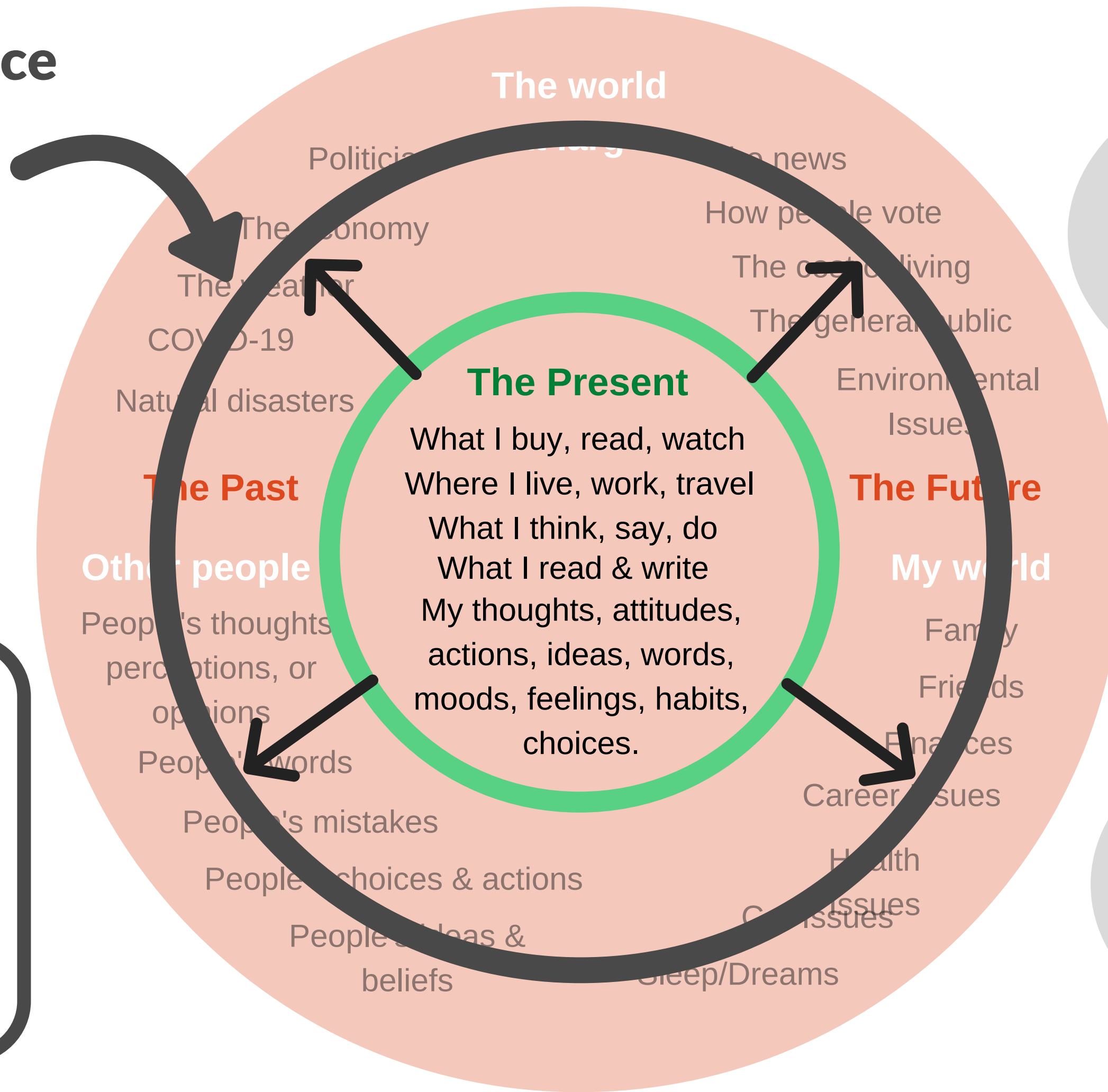


You'll also notice I've included "The Present" - that's because the present moment is the only time period we can exercise some control over...

Circle of Influence

As we focus on what we can control, we grow our ability to influence things previously outside our control

Focusing Here =
Influence others, influence events, influence our future...



I've added arrows to indicate that as we continue to focus on our Circle of Control, it begins to grow bigger and becomes a third Circle - called our Circle of Influence



We'll never have full control of things outside our Circle of Control - but we can start to influence them, without all the stress, overwhelm and anxiety...

ACTIVITY

Draw Your Circle Of Concern & Circle of Control

Draw two circles just like the picture above - or you can draw them next to each other, or on two separate pieces of paper. Whatever works for you!

Label one '**Circle of Concern**' and inside the circle write down all the things that are a concern, including any challenges, obstacles or issues you are facing on your path.

Label the other '**Circle of Control**' and using the guide on the previous pages, start to reflect on and write down all the things you actually can control. This list may be smaller. That's ok!

Try to consciously shift your attention, focus and energy to the things inside your **Circle of Control**. What can you control in your life right now? How can you do more of these things?

Every time you feel stuck, overwhelmed or stressed, review what you have written down in your **Circle of Control** and then consider the suggestions on the next page...

12 Ways To Grow Your Circle Of Influence

1. Focus on the things you can control
2. Accept the things you cannot control
3. Choose the feelings you want to have
4. Decide how you are going to respond
5. Anchor your actions in your values
6. Learn to control your breathing
7. Set clear intentions for your interactions with others
8. Adopt a positive attitude
9. Visualise successful outcomes
10. Create character building habits
11. Choose proactive language
12. Reframe events to the most empowering meaning



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Circle of Control from Stephen Covey's "7 Habits of Highly Effective People"

"When you shift your focus to the present moment and what you can control, you're back on the path to success..."



Michelle McClintock

