

CIRCLE OF CONCERN & CIRCLE OF INFLUENCE

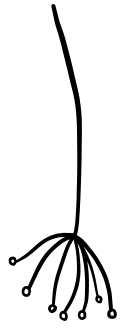


CIRCLE OF CONCERN

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We all have things in our life that challenges us, whether it's people, situations or the environment that we live or work in. Whilst sometimes we can not change what is happening to us, we can however choose how we are going to respond to it and it can be the difference between wasting our precious energy and not.

In his book the 7 Habits of Highly Effective People (1989) Covey talks about the concept of Circle of Concern & the Circle of Influence. This technique is good for separating out lower from higher priorities, gaining ownership for action as well as taking a look at where we are choosing to spend our energy. To read more on this check out the blog post at <https://bloomprintlifedesign.com/blog/>

HOW TO USE THIS PLAYSHEET:

Circle of Concern

Outline and include all of the concerns that you have in your life. This can be a wide range of things including health, family, work, environment, finances etc.

Circle of Influence

Outline the things that are of concern to you however you can actually do something about thing or influence in some way.

Reflection Questions:

- 1.) In which circle are you currently spending the majority of your time?
- 2.) How could devote more time on those things within your control / influence?
- 3.) Who do you have in your support network that may be able to help you influence something within your Circle of Concern that you are unable to control / influence?