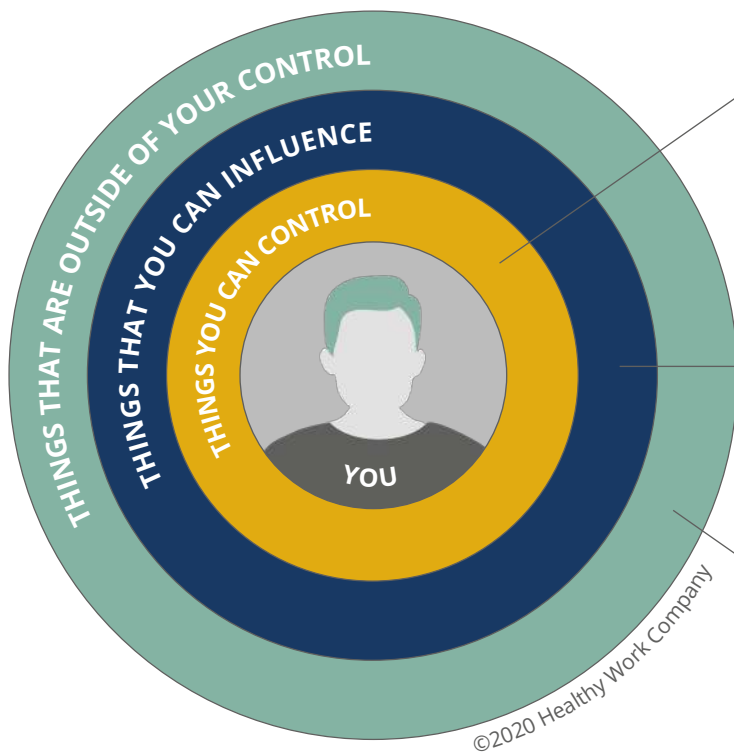


WHERE DO YOU HAVE INFLUENCE AND CONTROL?



CIRCLE OF CONTROL

- My boundaries
- Communicating my needs
- Time I carve out for self-care
- What I eat
- How much I move
- My perspective
- My approach to learning
- Words I use
- Voting and campaigning

CIRCLE OF INFLUENCE

- My working hours and priorities
- My relationships
- My family
- The general 'mood'
- My health

CIRCLE OF CONCERN

- Politics
- The weather
- The economy
- What others think about me
- What others do and say
- Social media
- The news

Adapted from Steven Covey *Seven Habits of Highly Effective People* (1989).
This helps us think about where to focus our energy and improves our resilience.

