

# CIRCLE OF INFLUENCE/ CONCERN

Adapted from The Seven Habits of Highly Effective People by Stephen R. Covey 1989



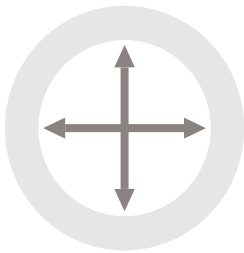
## **A CIRCLE OF CONCERN**

Encompasses the wide range of concerns we have (e.g. our health, our children, government policies, world famine).



## **A CIRCLE OF INFLUENCE**

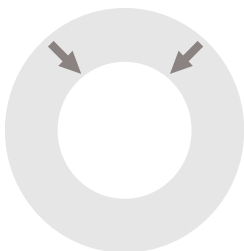
Encompasses those concerns we can do something about. They are concerns we have some control over.



## **BEING PROACTIVE**

"Being responsible for our own lives ...our behavior is a function of our decisions not our conditions."

Proactive people focus on issues within their circle of influence. They work on things they can do something about. They increase their circle of influence.



## **BEING REACTIVE**

Reactive people tend to neglect the issues that they are able to control and influence and focus on those that they cannot control. Their circle of influence shrinks.



# YOUR CIRCLE

1. Think about the pressures and concerns you have, write them in the circle of concern.
2. Now that you see those in the circle of concern..... What do you have control over? What does it feel like to see those in the circle of concern?
3. Now choose one of the issues in the circle of concern and write a small step that you can take that is within your control and write it in the circle of influence.

For example: If I have global warming in my circle of concern, my small step could be recycle and buy products with minimal packaging.

