



Circle of Concern, Influence & Control

This worksheet is designed to help us to prioritise more effectively, set achievable goals and minimise the amount of energy wasted on fretting over things we cannot change. The idea is not just to do this exercise once, but to get into the habit of using it when dealing with difficult situations or challenges. Follow the steps below:

1. List all of the situations and events that concern you in your Circle of Concern. These things are outside your control.
2. What aspects of these concerns do you have influence over? Choose things that you cannot control but you can influence (e.g. a person's behaviour). List these within your Circle of Influence.
3. What aspects of your concerns do you have direct control over? List these within your Circle of Control. This will be your smallest list.

