Circles of Concern, Influence and Control

Template

Circle of Concern

Circle of Influence

Circle of Control

There are 2 questions to complete for this task.

1. Using the example of COVID-19, brainstorm all the issues that belong to your Circle of Concern, your Circle of Influence and your Circle of Control.
   1. Circle of Concerns – what are all your concerns in relation to COVID-19?
   2. Circle of Influence – what are you able to influence in relation to COVID-19?
   3. Circle of Control – what are you able to control in relation to COVID-19?

Record your responses within each circle.

Circle of Concern

Circle of Influence

Circle of Control

2. Identify how this model can be helpful in dealing with challenging situations.

- It will lead us to become more PROACTIVE.

- It will cause less mental stress.

- It will allow us differentiation between what is important and what is not (in our control).

- It will make positive impacts on our life.