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.

“If there is no solution to the problem then don’t waste time worrying about it. If there is a solution to the problem then don’t waste time worrying about it.” ― The Dalai Lama

This was an awakening statement I read during this module. I can’t control everything. I should work ad use my precious time on the things I have control on which. I can improve my Programming skills and do some Industrial Research. Improving my interpersonal skills and taking care of my family and my health.