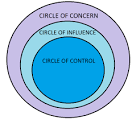
**Circles of Concern Template**

There are 2 questions to complete for this task.

1. Using the example of COVID-19, brainstorm all the things 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?

**Circle of Concern**

Not Available

**Circle of Influence**

Not Available

**Circle of Control**

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