

When you can't control
what's happening,
challenge yourself to
control the way you
respond to what's
happening. That's where
your power is.

- UNKNOWN -

S T O N E
C H A N G E S



Circle of Control

The Circle of Control and Influence is a tool created by Stephen Covey. We use it to help you and your team look at all the things that concern you, to help you realise you have more power than you think over things that feel out of your control.

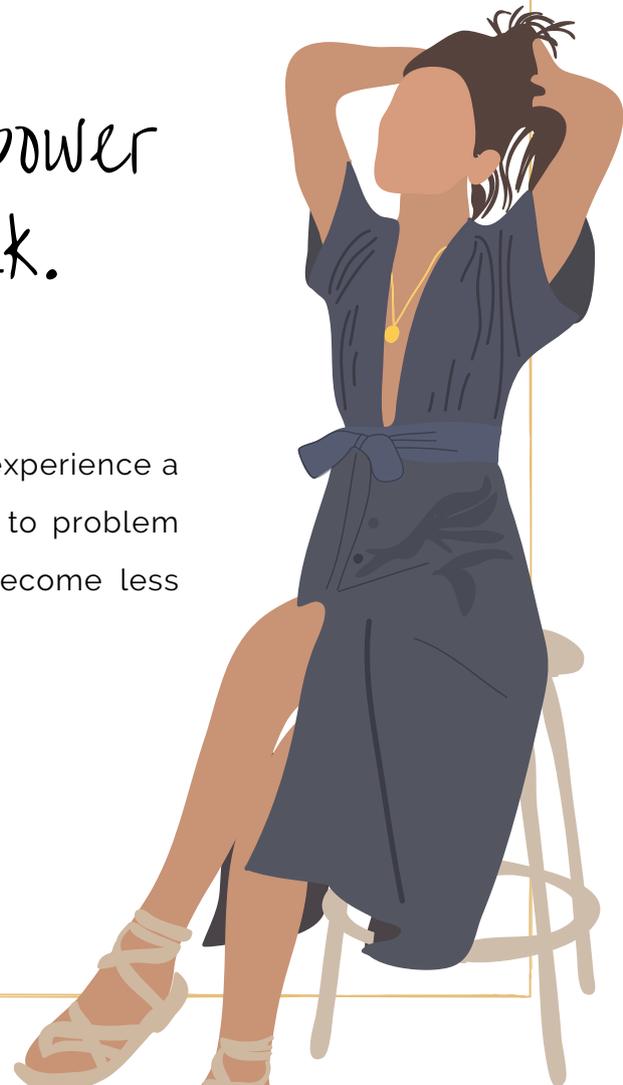
Having no control is highly alarming for us because it registers in the brain as danger and makes us feel immediately threatened.

Particularly in situations of crisis or change, people usually feel there aren't many items that they can actively control.

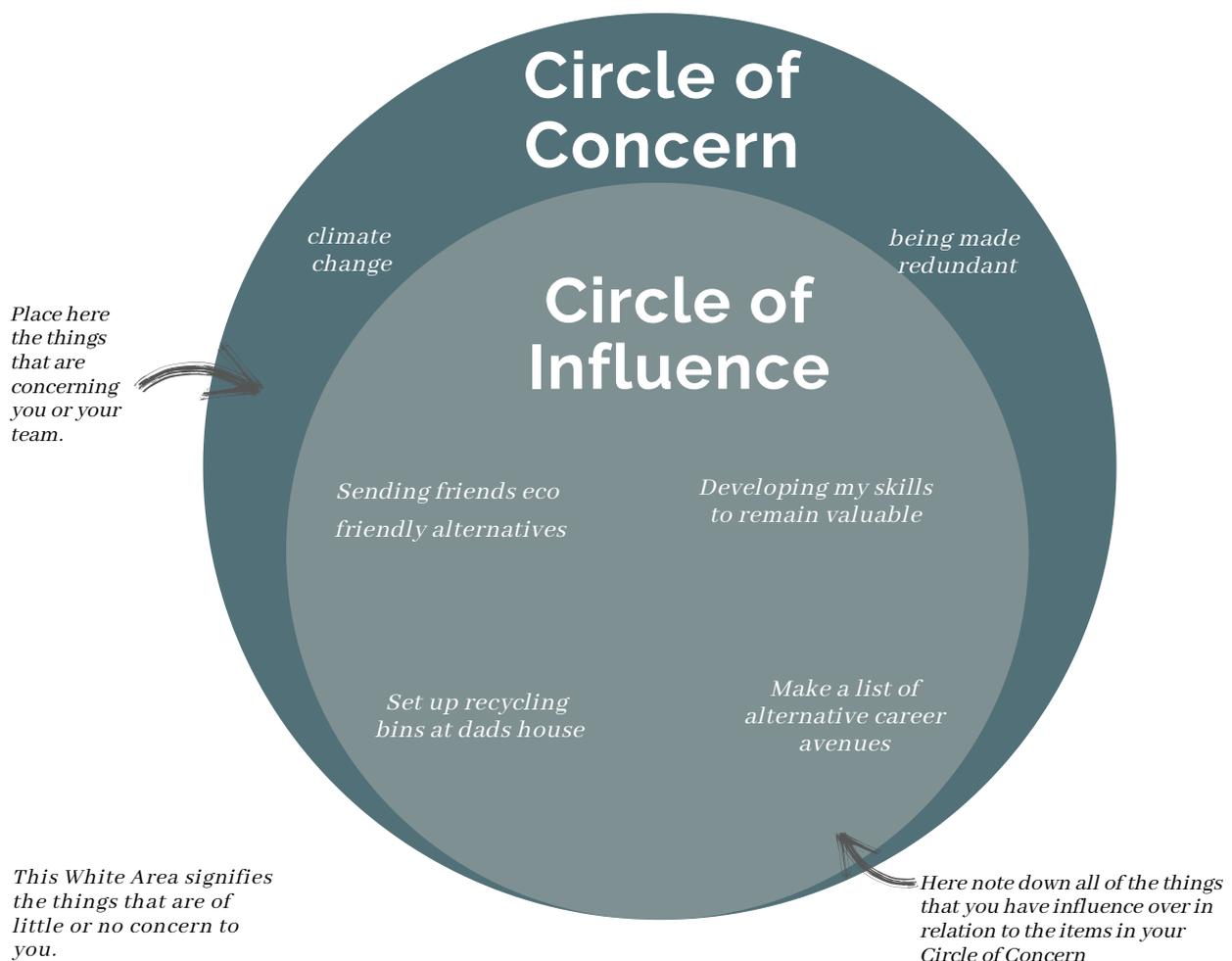
You have more power than you think.

When we focus on things in the outer circle, we may experience a lot of stress and anxiety which can mean our ability to problem solve diminishes, we can act our defensively, we become less tolerant, less productive and demotivated.

S T O N E
C H A N G E S



1. Consider the things you are currently grappling with and place them into your Circle of Concern
2. Acknowledge that there are some things within your control and accept there are some things that are NOT.
3. In relation to the things in your Circle of Concern, think of some things that you DO have influence over and place those in the Circle of Influence



4. From your Circle of Influence, pick our 3 tiny actions to help move you forward

Empty rectangular box for writing the first tiny action.

Empty rectangular box for writing the second tiny action.

Empty rectangular box for writing the third tiny action.

