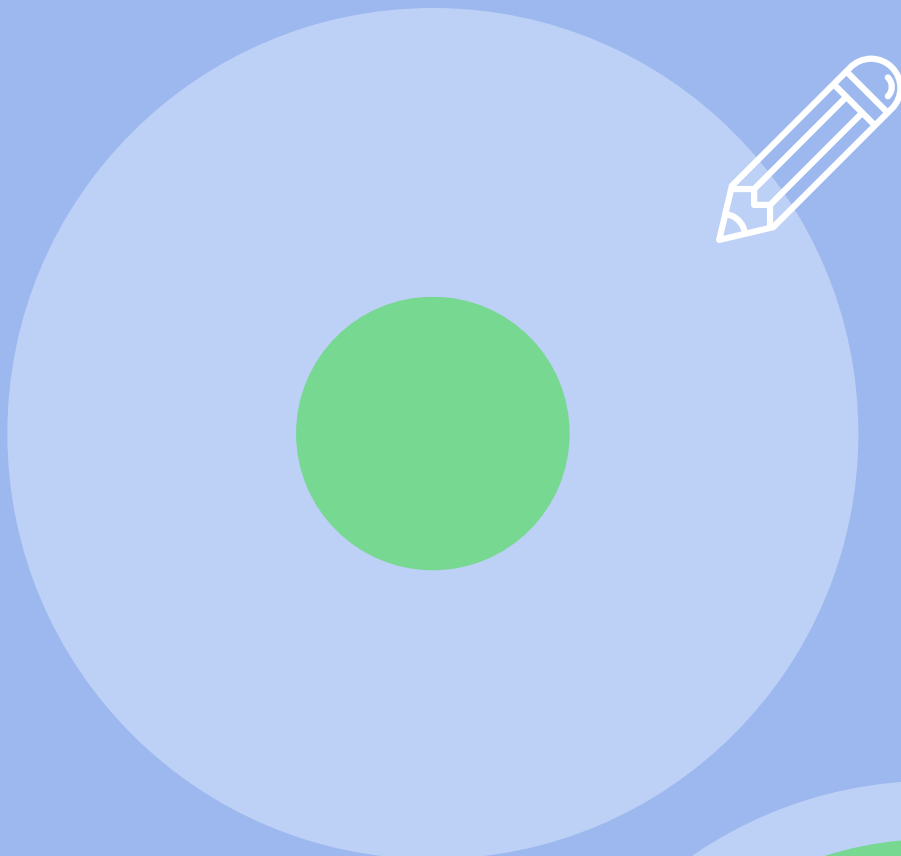


Circle of Influence

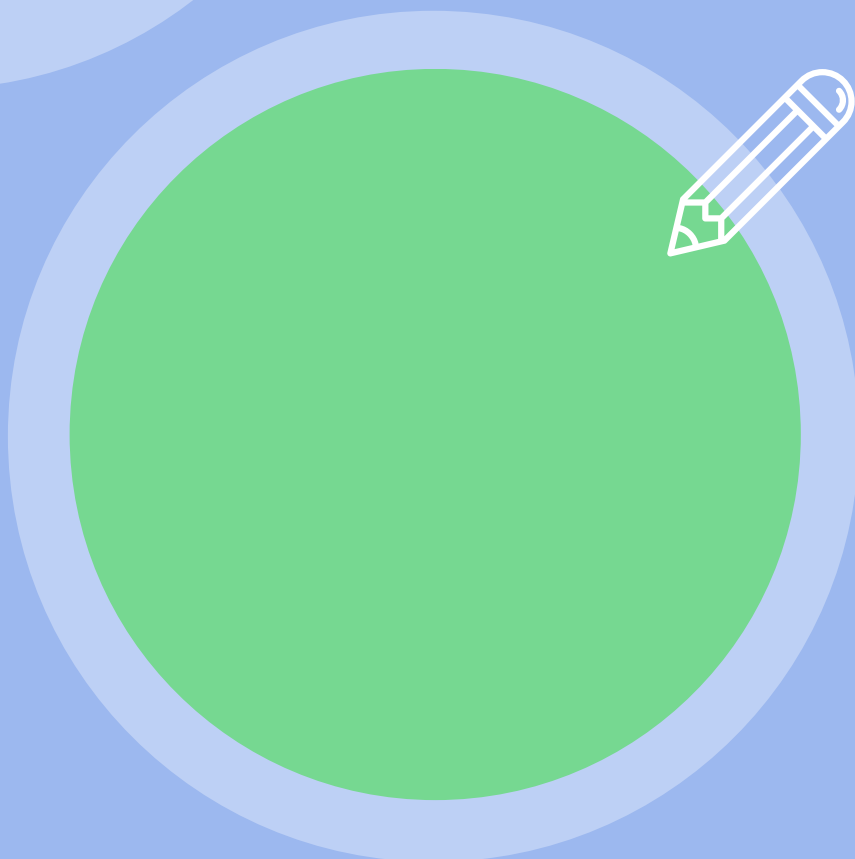
EXERCISE:

STEP 1: WRITE DOWN ALL THE THINGS THAT YOU ARE CONCERNED ABOUT RIGHT NOW. BE SPECIFIC WITH EACH THING.



STEP 2: NOW TRANSFER ONLY THE CONCERNS FROM CIRCLE ONE, THAT YOU CAN ACTUALLY CHANGE OR HAVE SOME CONTROL OVER IN THE GREEN CIRCLE.

EXERCISE: WRITE A PLAN FOR THE THINGS THAT YOU CAN CHANGE IN THE GREEN CIRCLE. ALL THE THINGS YOU CAN'T CHANGE, OR HAVE LITTLE CONTROL OVER IN THE BLUE CIRCLE, LET THEM GO.



Circle of Influence

EXAMPLE:

