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— Psychotherapy —

## Circles of Influence

We often use so much energy worrying about things that we cannot change, and not acting on things that we can change. This way of thinking can leave us feeling stressed and depleted.

The Circle of Influence model, developed by Stephen Covey, helps distinguish between the things that you can influence in your life and the things that you have no control over at present. By making a shift in what we focus our energy on, we can use our energy to increase motivation and decrease stress levels.



