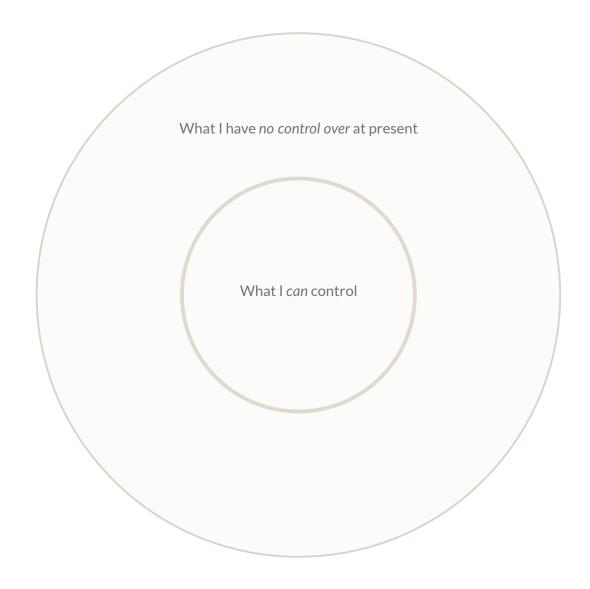
## JAN MONTGOMERY

- 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 distinguishes 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.



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## Circles of Influence

Fill in the two lists below; 'things I can change' and 'things I have no control over'. Then you can begin to use your energy to work on the things you can change.

NB. If your head takes you to the other list, gently change focus, saying 'I know this is difficult but right now I am going to focus on the things I can change, no matter how small'.

Gradually you might find that some items on the 'Things I have no control over' list you can influence but this takes a mind shift that may not be available to you yet. Just concentrate on what you can change for now.

What I can control	What I can't control
One action that I can take today	