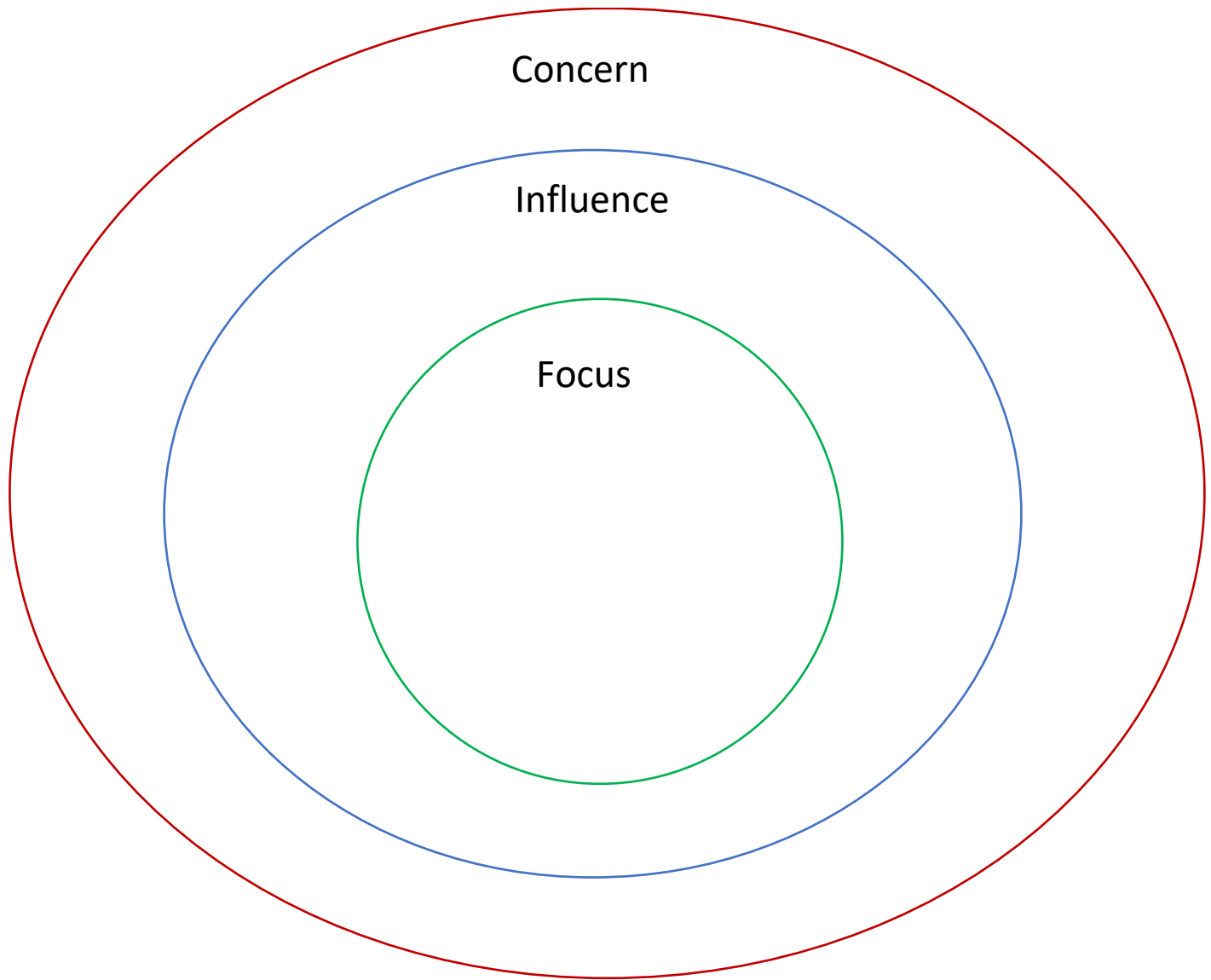




Circle of Influence & Concern Worksheet



* Initially developed by Stephen Covey and adapted by Helen Sanderson Associates

Instructions:

1. Write the things, situations or events you are concerned about but have little or no influence over in the "Concern" layer.
2. Write the things, situations or events you can influence in the "Influence" layer.
3. Reflect on what you have noted in the "Influence" layer. Which of these will you focus your energy and effort on – to enhance your wellbeing and productivity? Write these in the "Focus" bulls eye.