

# CIRCLE OF INFLUENCE



This activity will help your team reflect on day-to-day challenges and focus on what's within their control and what they can change. Taking time to consider the circle of influence highlights where you can make positive changes and identify coping strategies for managing stressful situations, while deepening self-awareness and improving well-being.

→ [wellness.asebp.ca](https://wellness.asebp.ca)

**TIME TO COMPLETE:** 10 to 15 minutes



## INSTRUCTIONS:

- 1 Using the Circle of Influence worksheet, ask participants to take a few minutes to reflect on the stressors, challenges, and other important considerations in their lives.
- 2 First, ask participants to fill in the outer circle (Circle of Concern) with factors they have no control over.
- 3 Next, ask participants to use the middle circle (Circle of Influence) to identify how they can potentially influence these situations. It's important to acknowledge that while they may not be able to change the situation, they can change how they react to it.
- 4 Finally, ask participants fill in the inner circle (Circle of Control) with what they *do* have control over, and what helps them cope with life's day-to-day challenges, including their thoughts, feelings and behaviors.

## DISCUSSION:

- How did it feel to complete this exercise?
- Did this exercise help you gain a deeper understanding of a challenging situation?
- Did you learn what you can do to feel more in-control and/or where you can make changes?
- How did it feel to shift your energy and focus on the things you can control or influence?

**Encourage** your team to revisit this exercise, particularly when faced with new or recurring challenges. They might consider saving this activity to their desktop or in their workspace to remind them of all the things within their control and the positive coping strategies that have helped them get through stressful times.

### Sources

- Canadian Society of Physician Leaders. (2020). *Control and influence, let go of the rest.* <https://physicianleaders.ca/bulletin4.html>
- Habits for Wellbeing. (2013-2021). *The Circle of Concern and Influence.* <https://www.habitsforwellbeing.com/the-circle-of-concern-and-influence/>

# Circle of Influence

Reflect on the stressors, challenges, and other important considerations in your life.

Circle of Concern

Circle of Influence

Circle of Control

## Circle of Concern

EXAMPLES:

A sick loved one, past decisions, a spouse's work hours,  
a difficult person, worldwide events, etc.

## Circle of Influence

EXAMPLES:

Managing your time differently, mending a relationship  
following a conflict, using positive re-framing, making  
time to do the activities you enjoy.

## Circle of Control

EXAMPLES:

Shutting off screens an hour  
before bed, connecting with a friend,  
being active, etc.