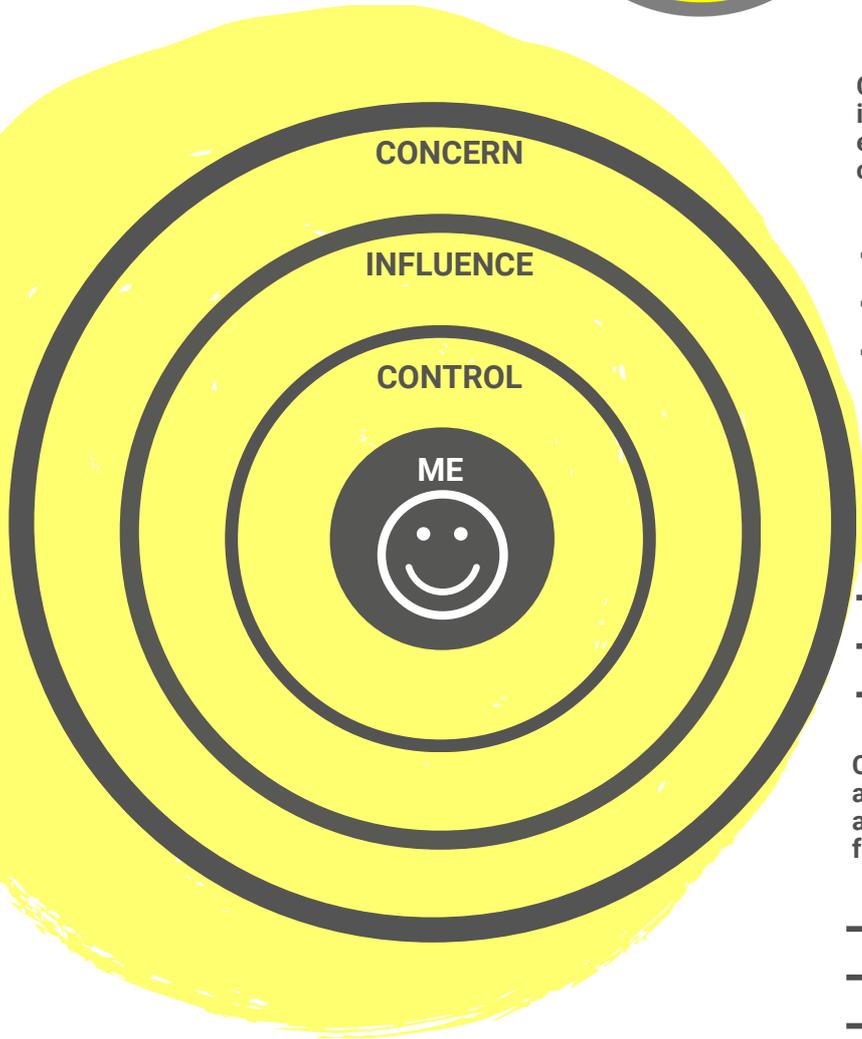


Make the best
use of what is in
your power, and
take the rest as it
happens.

Some things are
up to us and
some things are
not up to us.

~ Epictetus, Greek philosopher



CONCERN: Worries/issues I cannot control or influence e.g. traffic, weather, the past, world events, my age, death, strangers' thoughts, comments and actions [add any others below]

INFLUENCE: Worries/issues I can influence e.g. my reputation, where I work & live, my health promotions, contacts' thoughts, comments and actions, who follows me on social media [add any others below]

CONTROL: Worries/issues I can control e.g. my actions, behaviours, decisions/choices, attitude, mood, mindset, work ethic, who I follow on social media [add any others below]

"Proactive people focus their efforts in the Circle of Influence. They work on the things they can do something about. The nature of their energy is positive, enlarging and magnifying, causing their Circle of Influence to increase"
- Stephen R. Covey, The 7 Habits of Highly Effective People

1. From the worries/issues I can control what is the biggest priority? Why?

What is one small thing I can do today to reduce the worry?

2. From the worries/issues I can influence what is the biggest priority? Why?

What is one small thing I can do today to reduce the worry?

3. How do I feel when I look at the things I can't control or influence? Given I can't control or influence them, how can I redistribute my energy and focus to the things I can control and influence?
