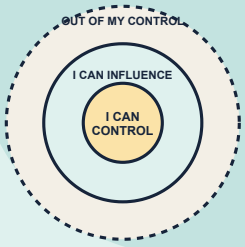
AGES 12–18 ACTIVITY

My Circle of Influence



WHAT THIS IS

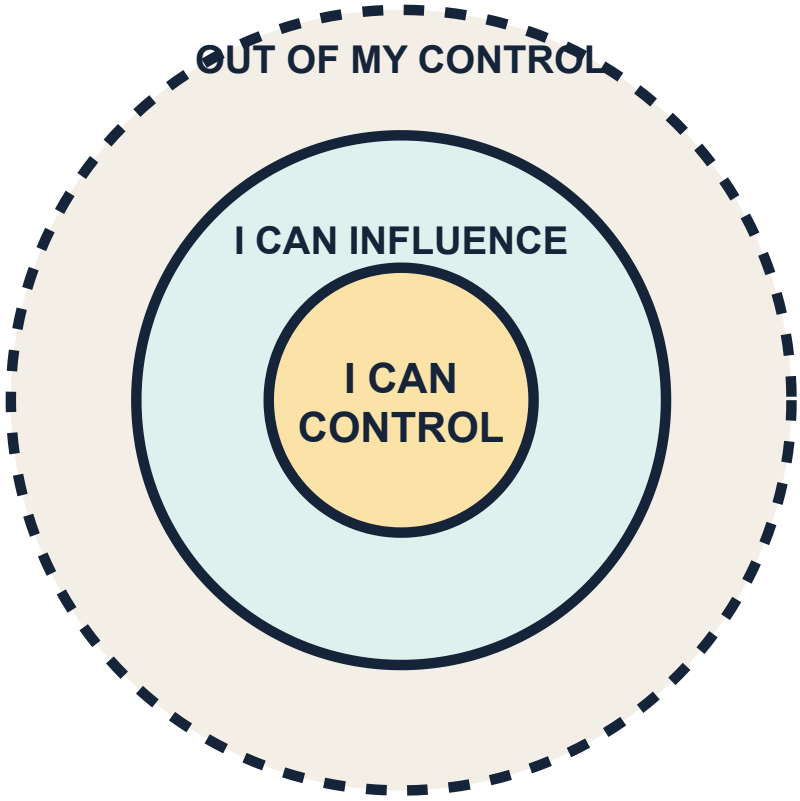
You cannot control everything, but you can influence a lot. Focusing there reduces stress and builds power.

HOW TO USE IT

1. Write what you can control in the center.
2. Add what you can influence in the middle ring.
3. Put what you cannot control outside.

EXAMPLE

"I can't control the test grade, but I can control my studying and asking for help."



I control

I influence

I can't control

A worry I'll shift my energy away from, and what I'll do instead:

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