

Sphere of Influence

1

What are you worried about?
(This could be a person, event,
decision – you name it.)

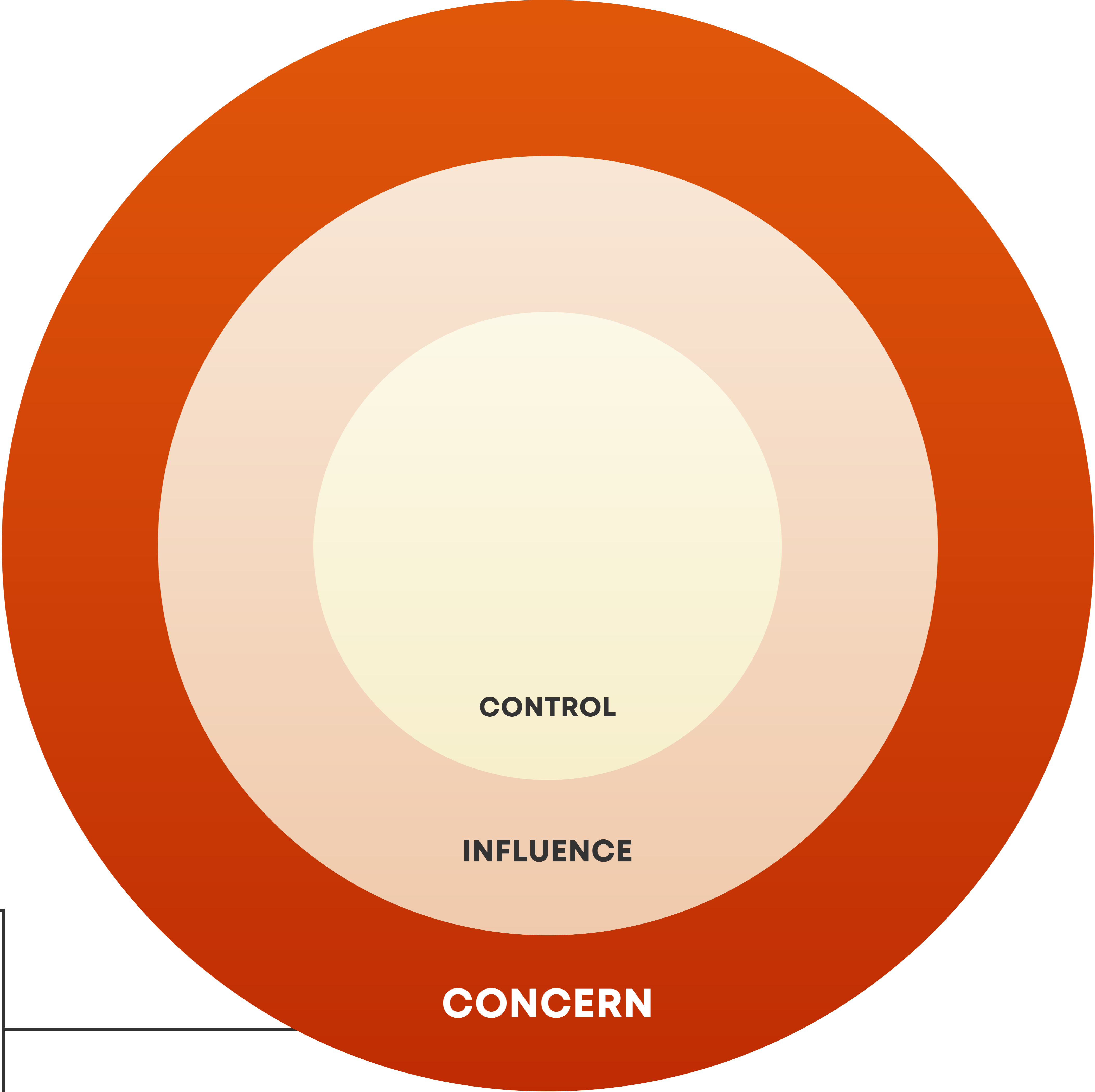
3

Where does each worry sit? In
Concern, Influence or Control?
Write it on the sphere.

CONTROL: Your actions, decisions, behaviors
and words

INFLUENCE: Areas where you can take action
and affect outcomes but you don't have full
control

CONCERN: Everything that affects you but you
have no influence or control



2

What actions can you take for
those items that are in your
Influence?

4

Can you move any items from
Concern and Control to your
Influence?
