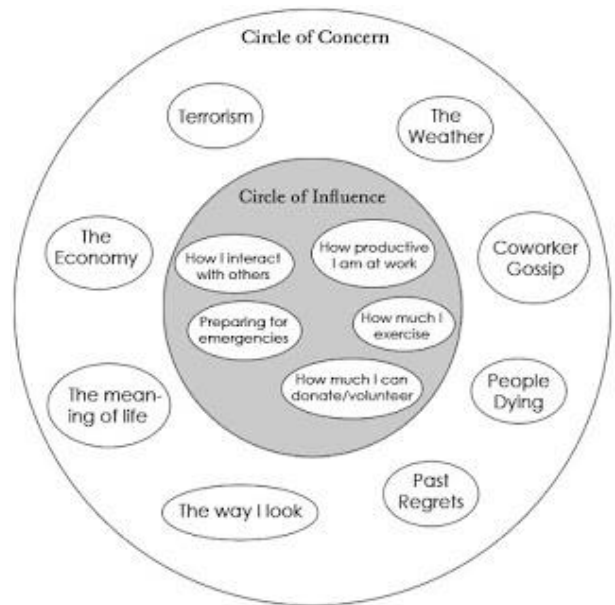


The Circle of Influence and the Circle of concern

This is a great process to go through when you have had enough and need to sort out stuff in your head, The idea or model is taken from Stephen Covey's The 7 habits of highly effective people 1989.

We all have concerns in life some we can influence and some we can't in the present, that can change in time. I have learnt though my own life lessons that we can't always change our concerns, especially in politics or the past, people dying, the meaning of Life and so on ...but when we Rewind and slow down, then Review this is a great process to look at when we review what we can influence, before we Re engage in life.



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All of us have a wide range of concerns in our lives – our housing, our health, our friends and family, the environment, weight issues, animal rights, sex and drugs and rock and roll, the universe of our concerns can go on and on, there are some things we can influence and some things we can only stay concerned about. we do have a choice.

Now we have a choice about where we focus our attention and energy. Not that I am saying to eat wild mushrooms by the way, as you will go mad and that won't help you, but when we take control and focus on your circles of influence and look at what you can influence, we are then ready to Re engage.

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Worry Only About the Problems in Your Circle of Influence.



Once you have had a look and sorted out in your head and divided all the concerns in to circles of concern and circles of influence.

Take a break, go for a walk, chill out. and ask
What really is worth my energy?
Who can I influence?
When can I see them?
How will I approach them?

Let the questions and answers, solutions come into your head. Be relaxed and feel good about the fact your moving forward now.

The author and leadership guru Stephen Covey encourage us to only focus on concerns that we have control over. He outlines the "circle of concerns" as all of the stuff that worries us – and then a smaller "circle of influence" (within the larger "circle of concerns") that only contains stuff that we can actually control.

His point, of course, is that we should only spend our energy on stuff that we can do something about. Focus only on problems that lie within your "circle of influence."

That is not an easy thing to do at times, but better that, than giving in to negativity.

We are creative and we all have passions, core values that drive us forward look at the other blogs and use all the tools, tips advice, learn and take action.

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Your energy becomes fractured and depleted as you start to obsess over details and situations that are beyond your control. Ultimately your ideas and projects will suffer. So don't waste time on things and situations you can't change in the present moment, focus on what you can change, Your attitude first to a positive one!

Use only positives in your circle of influence, set some goals to influence what you NEED not just what you WANT and remember enthusiasm attracts, enthusiasm back to you.

Let stop the moaning and be happy today, let's start a happy virus one that is a total pain in the tummy, where we can't stop laughing. There nothing more infectious than the sound of laughter. Make others smile today!

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