Circle of Influence Worksheet

CIRCLE OF INFLUENCE WORKSHEET

Patient's Full Name: _____ **Therapist's Full Name:** _____

Date Submitted: _____ dd / mm / yyyy

Instructions: Please arrange the things you're currently in control of and can control in the inner sphere. Arrange the things you currently don't have control over and things you will never control in the outer sphere. You may also use post-it notes. Doing so will make it easy for you to rearrange what you've written easily when you use this worksheet again later.

What are you in control of and what an you control? List down all the things you believe you're currently in control of and what you can control.

What are things that you can't control as of now, and what are things you believe you will never have control over? List down all the things that you're not in control of for now as well as things you firmly believe you will never be able to control.

Exercise: Pick one or two of the things you wrote down in the second box. Do you think that it's possible for you to place it or them on the first box one day? If so, how do you plan on going about that?

Adapted from the Circle of Influence by Steven Covey and the worksheet created by Jan Montgomery. This is for clinical, educational, and non-commercial purposes only.