

What's on Your Radar?

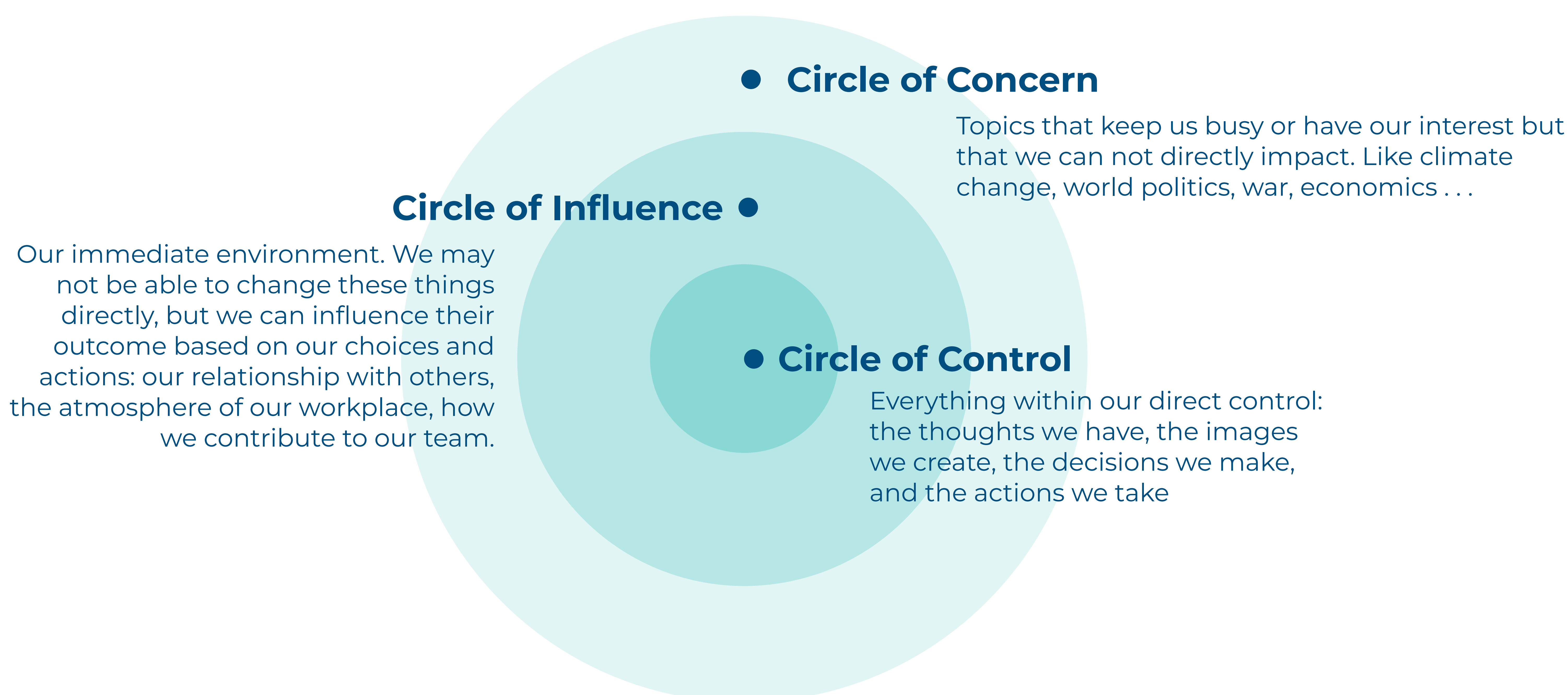
By becoming aware of what's on our radar and then making a choice about what we can and cannot influence, we increase our focus and simplify our approach to how we spend our time and where we direct our energy.

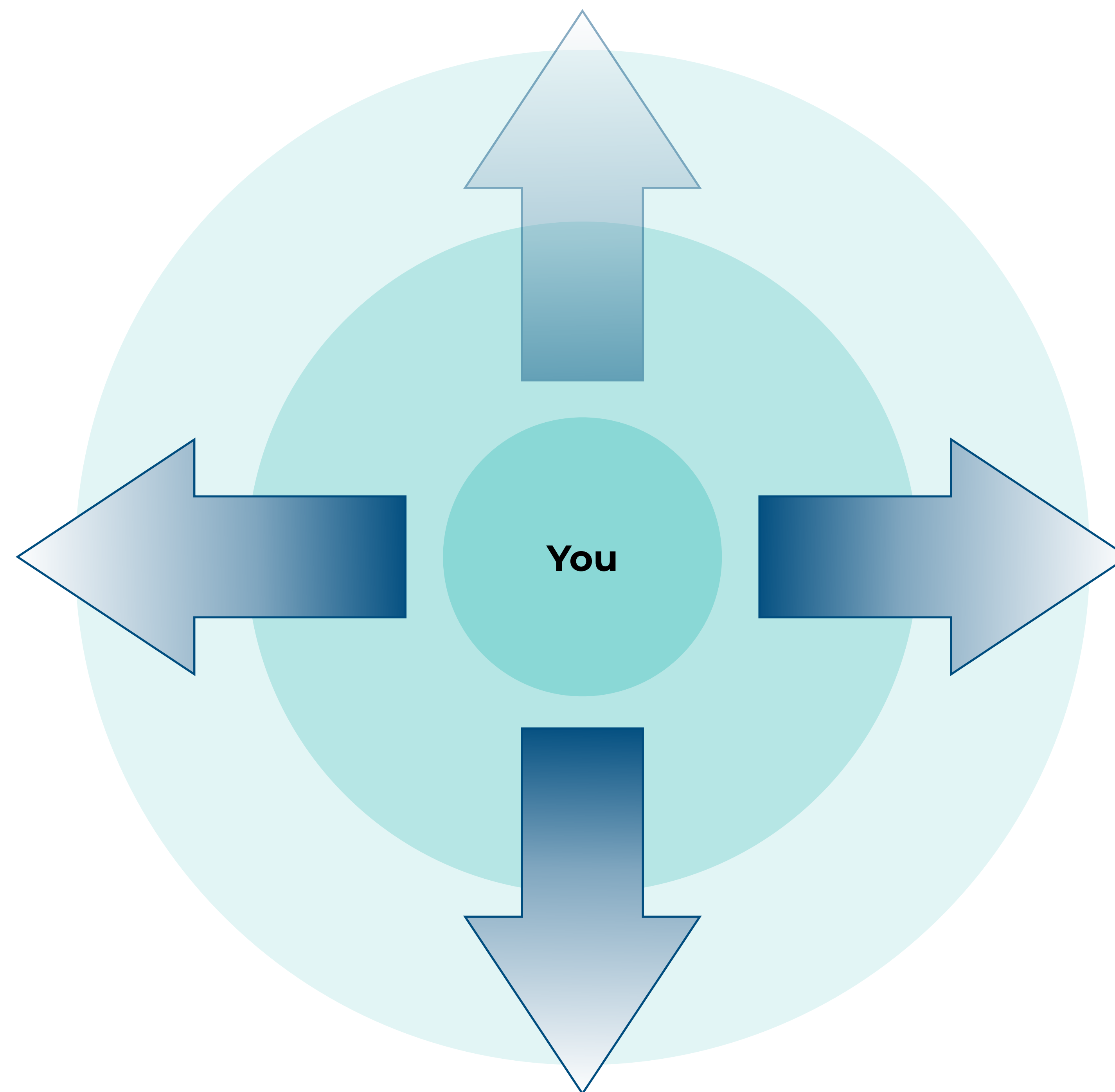
Time frame This should take you approximately 10 minutes and then less than a minute after practicing in when in a challenging situation.

Background Stephen Covey writes about the importance of being pro-active in his book *The 7 Habits of Highly Effective People*. By focusing on things that we influence directly we can improve our well-being and resilience.

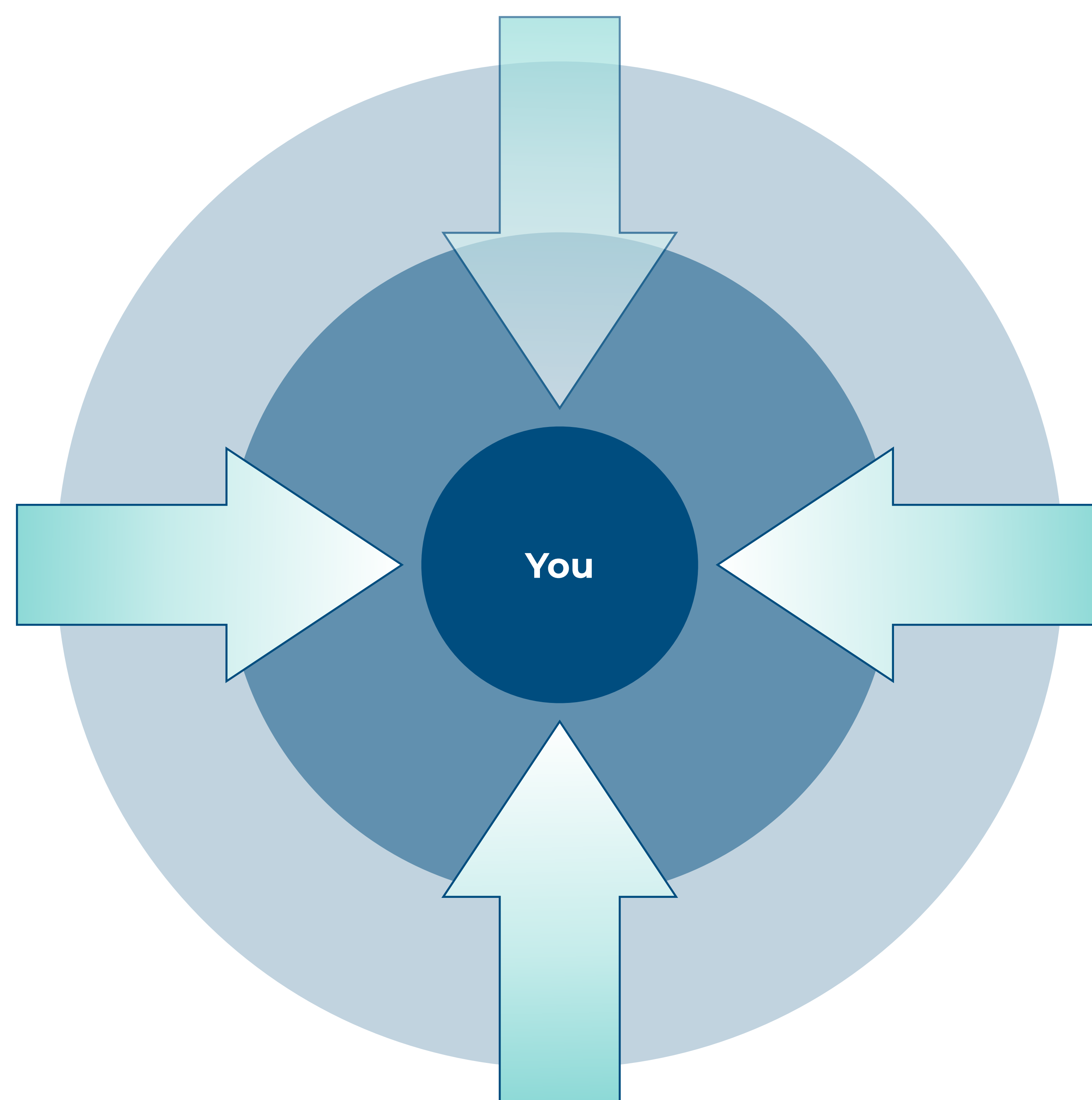
Activity On a separate piece of paper make a broadly categorized list of situations, people and activities that occupy your time and energy; things you are concerned about. Then take a look at the three categories below — Circle of Control, Circle of Influence and Circle of Concern — and place each of those things into one of the three categories based on the definitions provided.

If you find them in the two outer rings, how can you change things so that you have more things within your circle of control or influence?





If you focus and put your energy in the Circle of Control you increase your sense of well-being and shift your locus of control to where it belongs: with you!
You will notice that you are able to influence the world around you



If you mainly focus on things in the Circle of Concern and the Circle of Influence and not making decisions or taking actions, you are more likely to be impacted by things that are outside your control. Leaving you feeling overwhelmed and drained. The world controls you.