

Circle of Influence Expansion Worksheet

Step 1: Determine Your Most Pressing Concern

What is the most pressing concern in your life right now?

(Write your answer in the space below)

Step 2: Define Your Level of Control

How much control do you have over this situation?

You may have complete control, some control, or no control

(Write your answer in the space below)

If you have no control, practice acceptance and seek to manage your response to the situation. Return to Step 1 and brainstorm your next most pressing concern. Repeat as necessary.

Step 3: Describe Your First Step

What is the first step you can take to improve this situation?

It doesn't have to be big. Your first step may even be to plan out how to resolve or improve the situation over time. Small improvements compound over time.

(Write your answer in the space below)

Step 4: Take Action Now

Don't wait, start on your first step now.