## My Circle of Control

Where do <u>I choose</u> to focus my energy?

My circle of control (what I can control):

My circle of influence (what I can influence to some degree or have a certain control over):

My circle of concerns or worries (what I can't control or have no power over):

Based on the book **The 7 Habits of Highly Effective Teens** by Sean Covey (2020) © 2021 Luc Dumouchel, MA, Registered Psychotherapist, Ottawa (Canada) – Share and diffuse freely