

Concern & influence

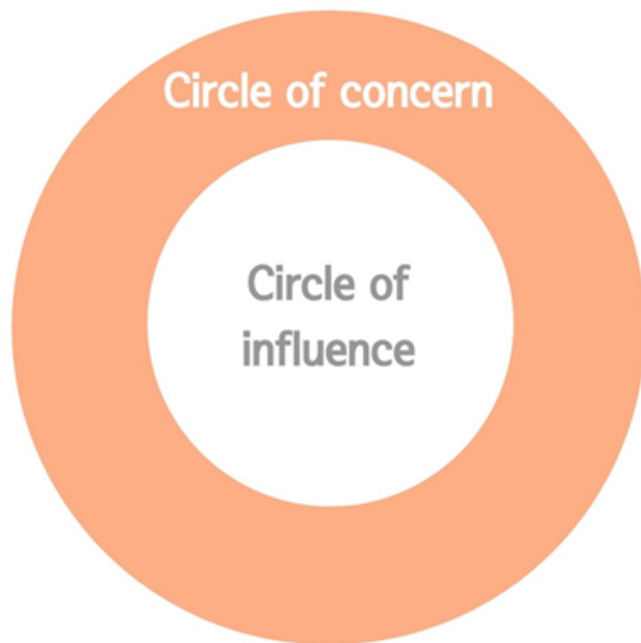
Focusing on what you can control

It can be really difficult to take control of your mind-set when the going gets tough.

When you're in the midst of a global pandemic (!!), going through a dry spells of gigs or are dealing with criticism of your work, sometimes you need an extra nudge to push your mind into a positive, proactive place.

In this case, there's a useful tool you can refer to. In his book, the seven habits of highly effective people, Stephen Covey introduces this tool as the 'circles of concern and influence'.

The circles in the model encourage you to reflect on what you can control, and what you can influence. The practice of reflecting in this way also helps you to highlight what you CAN'T control or influence (and therefore what you need to drop).

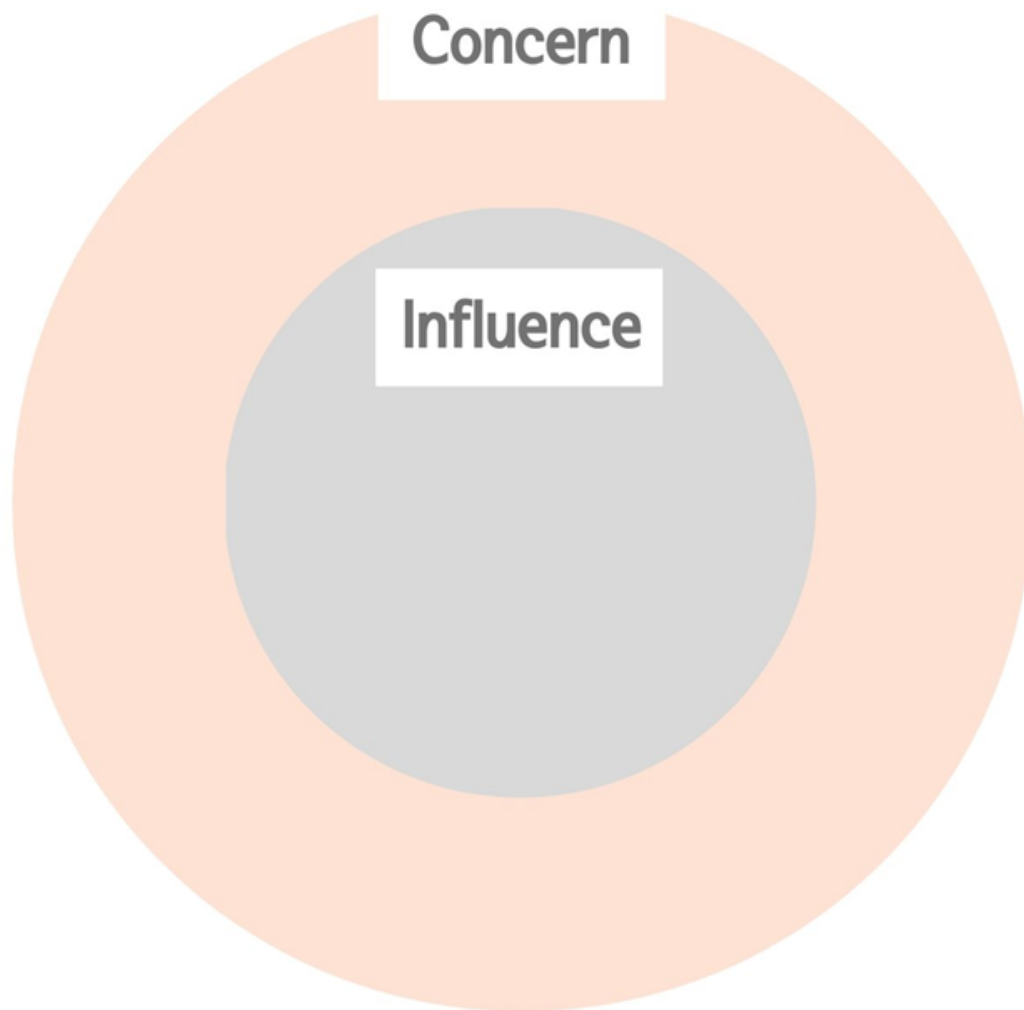


The **outer circle** is designed to hold all the things that concern you but that you have no control over. This is the circle of CONCERN, and it's likely to include a number of external events you're experiencing at the moment such as how other people behave, the current state of the economy, the news., natural disasters or public health crisis (e.g. Coronavirus pandemic 2020).

The **inner circle** holds all the things you can do something about. This is the circle of INFLUENCE and will be smaller, but includes things you can control or have some influence over. E.g. who you spend time with, what you read, how you behave, music you create, how much you sleep, the food you eat.

Why not take 10 minutes to note down all the things that are going round your mind at the moment and try to categorise them.

- Do they sit within your circle of concern?
- Or your circle of influence?
- For those in your circle of influence, what are the priorities?
- What is in your circle of concern that you can stop worrying about?



Just working through these questions can put you back in the driving seat. You're in control of your own resilience, and the more you practice this type of reflective activity, the more resilient you'll become.

Next time you find yourself losing sleep over something, worrying a lot or stressing about something that's happening give this model a try. It can help you to make positive changes and also to just ACCEPT some things that you just can't change. It can also help you to LET IT GO or CHANGE the things you can influence.

Remember: if you're not changing a situation, you're choosing it.

FURTHER INFO

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