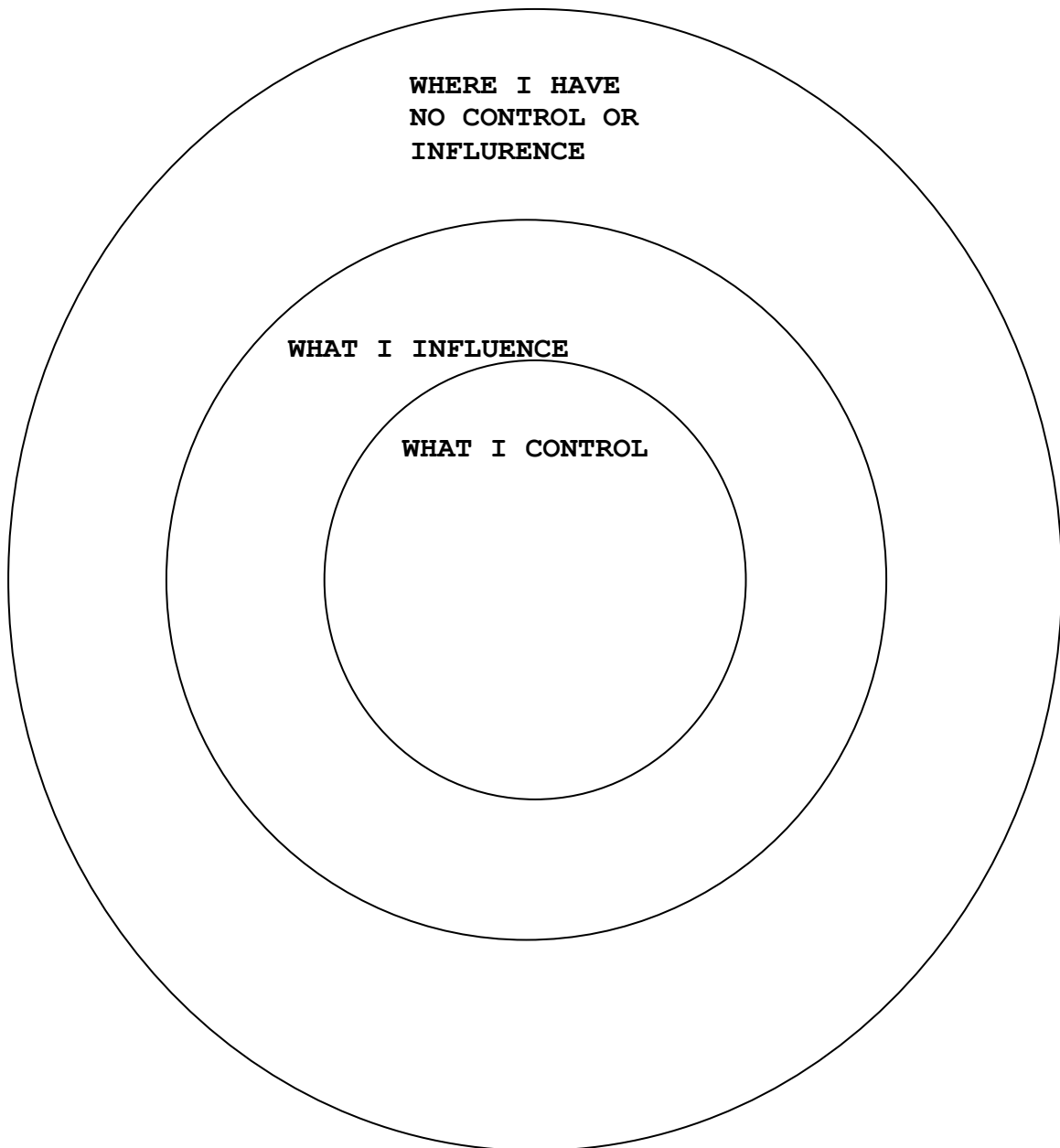


## CIRCLES OF INFLUENCE WORKSHEET



1. In each circle identify specific areas, groups, circumstances.
2. Reflect on this in relationship to:
  - How you use the control & influence you have - how does your behavior match your core values?
  - What is the relationship between stress & frustration in your life and control & influence?
  - Where you have no/little control/influence your choice is in how you respond.
3. Share what you want to share in the group