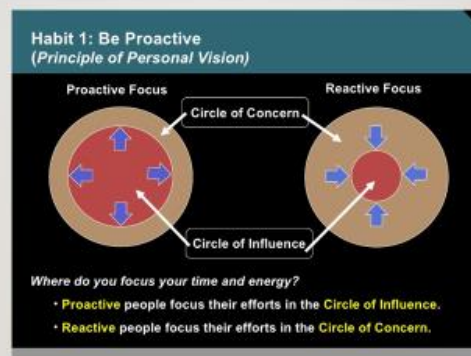


Stephen Covey in his book “*7 Habits of Highly Effective People*” gives us a model of how to become more resilient by focusing on what we can control and have influence over – particularly helpful if we feel overwhelmed by events or circumstances. He suggests that this model will help us to become more Pro-active rather than Re-active.

STEPHEN COVEY’S CIRCLE OF INFLUENCE



- Draw a large circle which you can label Circle of Concern – write (on post it notes or make a list at the side first) all the issues concerning you at the moment. Big and small – personal and work related
- Draw a smaller circle inside your circle of concern and identify which of these issues do you have some Influence/Control over?
- If you want to achieve a sense of purpose and control you should focus the vast majority of your time and energy on those issues that are within your

control/Influence. That doesn't mean you abandon all other concerns but you do not spend the majority of your time ruminating over them. If you spend the majority of your time in the inner circle you will have a sense of achievement and purpose – people will be drawn to you and your circle of influence will grow.

If you do this then you will have several positive outcomes

1. You will have a sense of achievement, control and purpose
2. It may allow you to see and let go of those things that are outside of your control
3. It should help you to establish a more positive outlook
4. You will grow your circle of influence and your circle of concerns will shrink

Even the language you use may change. Reactive people use language such as:

- ***I've tried that before and it doesn't work***
- ***If only I had the time/energy/resource***
- ***If only my boss wasn't so***
- ***I'll be happy when***

Proactive people use language such as:

- ***I know I can do this***
- ***If I keep going, I know it will be a positive outcome***
- ***I'm sure that I can enlist some help and do this***
- ***I know I can be....***