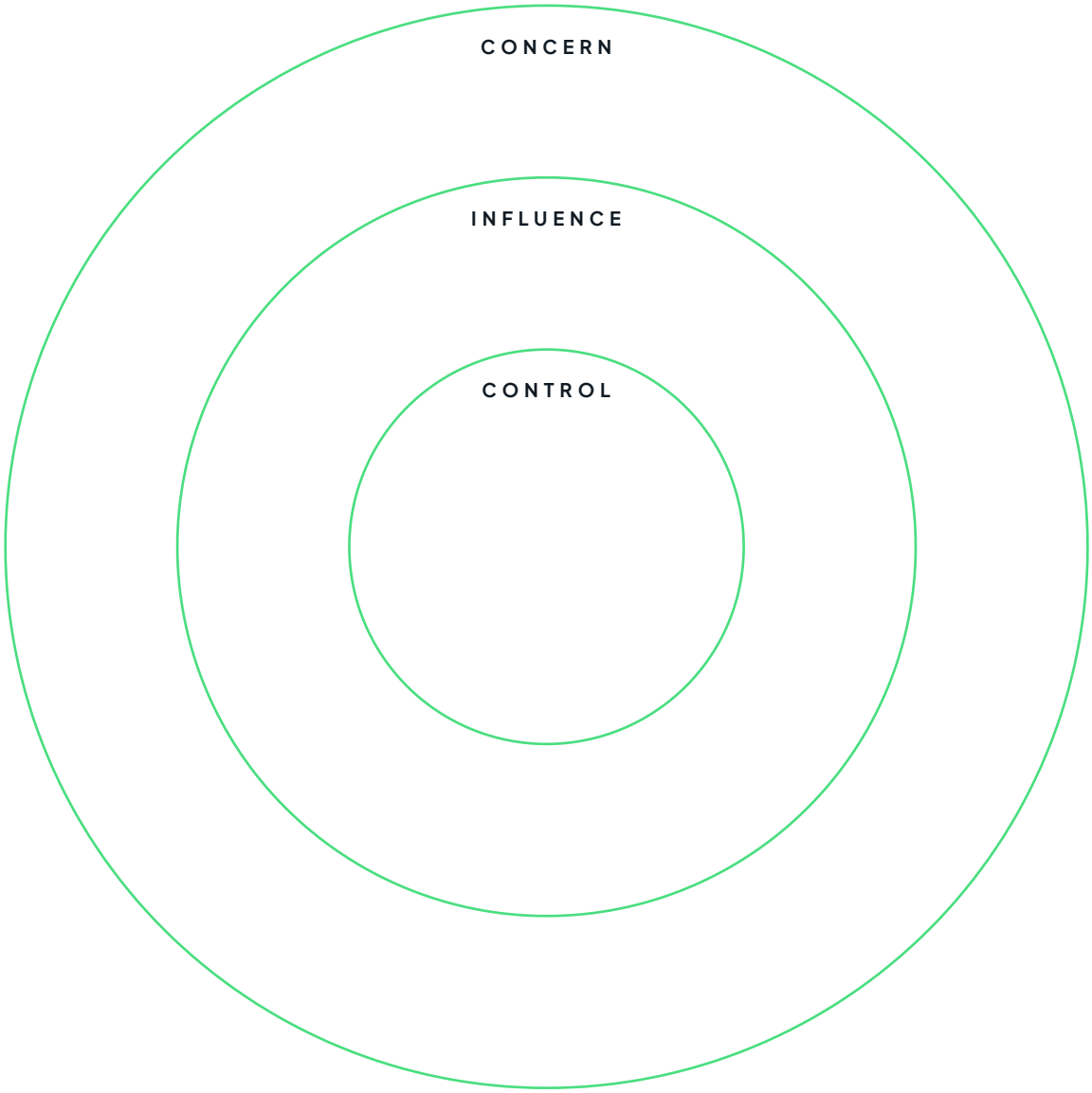
WHERE'S YOUR FOCUS GOING?

Circles of control

Control what you can. Let go of what you can't. Three circles, one inside the other - start placing what's on your mind into the right one. It builds on Stephen Covey's circles of concern and influence.



Circle of control.
The things you have direct power over - your decisions, your actions, your mindset. This is where real progress happens.

Circle of influence.
The things you can shape indirectly - the culture around you, your relationships, how a project lands.

Circle of concern.
The things you have zero control over - the economy, other people's opinions, global trends.

So, where's your energy going today?