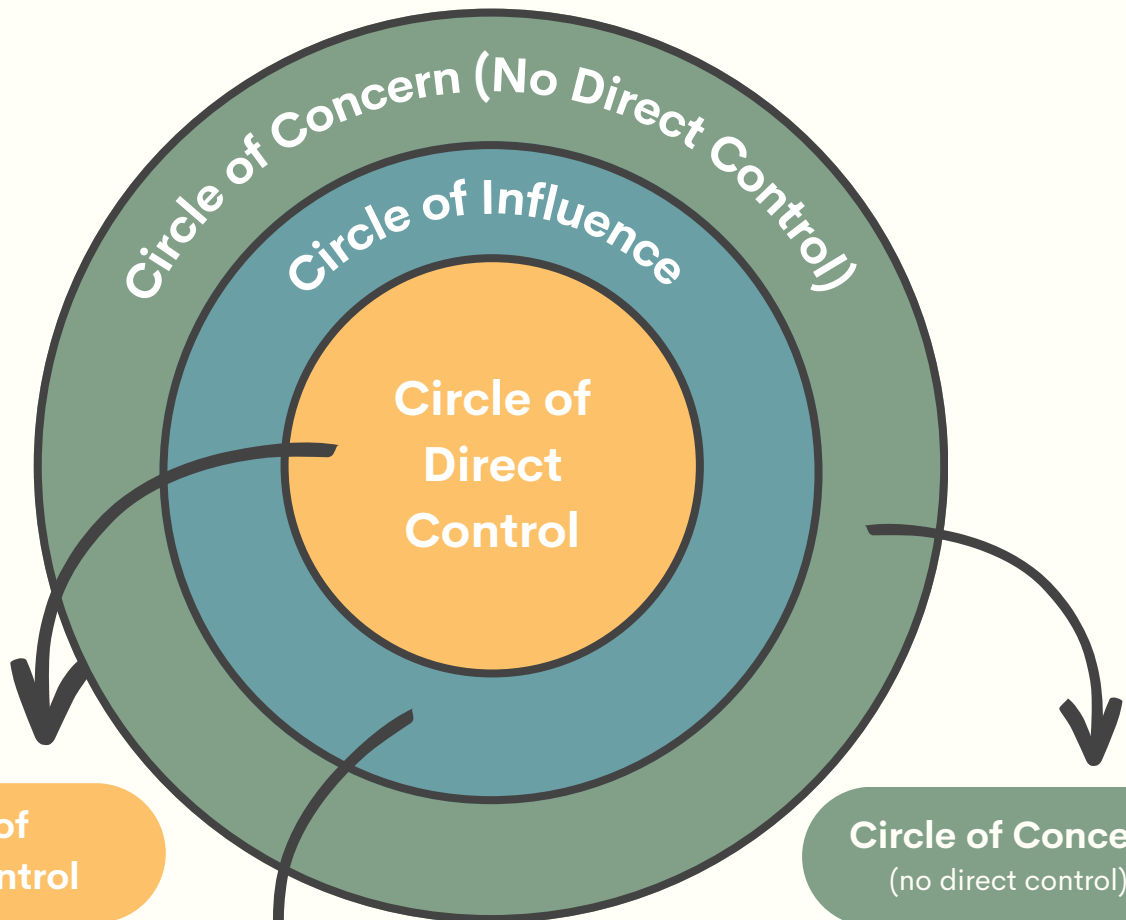


Circles of Control



Circle of Direct Control

- What I:
 - Do, Say, Think, Feel, Believe, Value
- My skills
- My knowledge
- My participation in presence

Circle of Influence

What I influence through:

- My example
- My words
- Kindness
- My actions
- Actively listening
- How I communicate
- Teaching
- Service
- Unconditional love
- Rewards
- Punishments

Circle of Concern (no direct control)

- What others:
 - Do, Say, Think, Feel, Believe, Value
- The past
- The future
- Death
- Aging
- Weather
- Politics
- Taxes
- Traffic

How might increasing awareness and intentionally choosing where we spend our time, energy, and resources support our health and wellness?