

## Circle Of Control Worksheet Answer Key PDF

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### Part 1: Building a Foundation

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#### What is the Circle of Control?

undefined. A) Things you can influence but not control

**undefined. B) Things you have direct control over ✓**

undefined. C) Things outside your control

undefined. D) Things that concern you but are not actionable

The Circle of Control refers to things you have direct control over.

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The Circle of Control refers to things you have direct control over.

#### Which of the following are examples of items within the Circle of Control?

**undefined. A) Your attitude ✓**

undefined. B) Global events

**undefined. C) Your effort ✓**

undefined. D) Other people's decisions

Items within the Circle of Control include personal attributes and efforts.

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Items within the Circle of Control include personal attributes and efforts.

**Explain the difference between the Circle of Influence and the Circle of Concern.**

**The Circle of Influence includes things you can affect, while the Circle of Concern includes things you worry about but cannot change.**

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## Part 2: Understanding and Interpretation

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**Why is it important to focus on the Circle of Control?**

**undefined. A) It helps reduce stress by focusing on controllable aspects ✓**

undefined. B) It allows you to control everything around you

undefined. C) It makes you ignore all external factors

undefined. D) It prevents you from making any changes

Focusing on the Circle of Control helps reduce stress by concentrating on manageable aspects.

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Focusing on the Circle of Control helps reduce stress by concentrating on controllable aspects.

**How can understanding the Circle of Influence benefit you?**

**undefined. A) By improving relationships ✓**

undefined. B) By controlling global events

**undefined. C) By identifying areas where you can make an impact ✓**

undefined. D) By focusing on uncontrollable aspects

Understanding the Circle of Influence can improve relationships and help identify impactful areas.

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Understanding the Circle of Influence can improve relationships and help identify areas for impact.

**Describe how the Circle of Concern can impact your stress levels and decision-making.**

**The Circle of Concern can increase stress and lead to indecision when focusing on uncontrollable factors.**

**Describe how the Circle of Concern can impact your stress levels and decision-making.**

**The Circle of Concern can increase stress and complicate decision-making by focusing on uncontrollable factors.**

**Describe how the Circle of Concern can impact your stress levels and decision-making.**

**The Circle of Concern can increase stress and hinder decision-making by focusing on uncontrollable factors.**

## **Part 3: Application and Analysis**

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**If you are worried about a friend's behavior, which circle should you focus on to effectively address your concern?**

undefined. A) Circle of Control

**undefined. B) Circle of Influence ✓**

undefined. C) Circle of Concern

undefined. D) None of the circles

Focusing on the Circle of Influence allows you to address your concern effectively.

**If you are worried about a friend's behavior, which circle should you focus on to effectively address your concern?**

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Focusing on the Circle of Influence allows you to address concerns about a friend's behavior effectively.

**You are planning a project at work. Which of the following actions are within your Circle of Control?**

**undefined. A) Setting deadlines ✓**

**undefined. B) Deciding your work schedule ✓**

undefined. C) Ensuring team members meet their deadlines

**undefined. D) Managing your time effectively ✓**

Actions within your Circle of Control include setting deadlines and managing your time.

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Actions like setting deadlines and managing your time are within your Circle of Control.

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Actions within your Circle of Control include setting deadlines and managing your time.

**Provide an example of a situation where you successfully applied the concept of the Circle of Control to solve a problem.**

**An example should illustrate how focusing on what you can control led to a positive outcome.**

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**Which circle is most likely to change over time as you gain more skills and experience?**

undefined. A) Circle of Control

undefined. **B) Circle of Influence ✓**

undefined. C) Circle of Concern

undefined. D) None of the circles

The Circle of Influence is likely to expand as you gain skills and experience.

**Analyze the relationship between stress and the Circle of Concern. Which of the following statements are true?**

**undefined. A) Focusing on the Circle of Concern increases stress ✓**

undefined. B) The Circle of Concern is manageable with effort

undefined. C) Ignoring the Circle of Concern can reduce stress

undefined. D) The Circle of Concern should be prioritized

Focusing on the Circle of Concern can increase stress and may lead to feeling overwhelmed.

**Analyze a recent event in your life and categorize the elements into the three circles. Explain your reasoning.**

**Your analysis should categorize elements into the Circle of Control, Influence, and Concern with explanations.**

## Part 4: Evaluation and Creation

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Focusing on the Circle of Concern can increase stress and hinder well-being.

**Analyze a recent event in your life and categorize the elements into the three circles. Explain your reasoning.**

**Your analysis should categorize elements into the Circle of Control, Influence, and Concern.**

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**Which strategy is most effective for managing elements in the Circle of Concern?**

undefined. A) Ignoring them completely

**undefined. B) Accepting them and focusing on what you can control ✓**

undefined. C) Trying to control them

undefined. D) Worrying about them constantly

Accept and focus on what you can control is the most effective strategy.



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Accept and focus on what you can control to manage the Circle of Concern effectively.

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Accept and focus on what you can control is the most effective strategy.

**Evaluate the effectiveness of focusing on the Circle of Control in achieving personal goals. Which of the following are true?**

**undefined. A) It leads to a proactive mindset ✓**

undefined. B) It limits your ability to influence others

**undefined. C) It increases personal accountability ✓**

**undefined. D) It reduces unnecessary stress ✓**

Focusing on the Circle of Control leads to a proactive mindset and reduces stress.

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Focusing on the Circle of Control leads to a proactive mindset and increases accountability.

**Design a personal action plan to improve your focus on the Circle of Control. Include specific steps and goals.**

**Your action plan should outline specific steps to enhance focus on the Circle of Control.**

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