

## Circle Of Control Worksheet

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### Part 1: Building a Foundation

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#### What is the Circle of Control?

*Hint: Think about what you can directly manage.*

- A) Things you can influence but not control
- B) Things you have direct control over
- C) Things outside your control
- D) Things that concern you but are not actionable

#### What is the Circle of Control?

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- A) Things you can influence but not control
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#### What is the Circle of Control?

*Hint: Think about the aspects of your life you can directly manage.*

- A) Things you can influence but not control
- B) Things you have direct control over
- C) Things outside your control
- D) Things that concern you but are not actionable

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

*Hint: Consider aspects of your life that you can directly change.*

- A) Your attitude

- B) Global events
- C) Your effort
- D) Other people's decisions

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

*Hint: Consider aspects of your life that you can directly influence.*

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

*Hint: Think about how each circle relates to control and concern.*

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

*Hint: Consider how each circle relates to control and impact.*

## Part 2: Understanding and Interpretation

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

*Hint: Think about the benefits of focusing on what you can manage.*

- A) It helps reduce stress by focusing on controllable aspects
- B) It allows you to control everything around you
- C) It makes you ignore all external factors
- D) It prevents you from making any changes

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

*Hint: Consider the positive outcomes of recognizing your influence.*

- A) By improving relationships
- B) By controlling global events
- C) By identifying areas where you can make an impact
- D) By focusing on uncontrollable aspects

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

*Hint: Think about the positive impacts on your relationships and actions.*

- A) By improving relationships
- B) By controlling global events
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### **Describe how the Circle of Concern can impact your stress levels and decision-making.**

*Hint: Think about the relationship between worry and control.*

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

*Hint: Consider the relationship between concern and stress.*

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

*Hint: Think about the relationship between worry and control.*

### 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?**

*Hint: Consider which circle allows for the most effective action.*

- A) Circle of Control
- B) Circle of Influence
- C) Circle of Concern

D) None of the circles

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- D) None of the circles

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

*Hint: Think about what you can directly manage in your project.*

- A) Setting deadlines
- B) Deciding your work schedule
- C) Ensuring team members meet their deadlines
- D) Managing your time effectively

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

*Hint: Think about the decisions you can make directly.*

- A) Setting deadlines

- B) Deciding your work schedule
- C) Ensuring team members meet their deadlines
- D) Managing your time effectively

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

*Hint: Think about a specific instance in your life.*

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

*Hint: Consider which circle represents your growth.*

- A) Circle of Control
- B) Circle of Influence
- C) Circle of Concern
- D) None of the circles

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

*Hint: Think about how focusing on the Circle of Concern affects your well-being.*

- A) Focusing on the Circle of Concern increases stress
- B) The Circle of Concern is manageable with effort
- C) Ignoring the Circle of Concern can reduce stress
- D) The Circle of Concern should be prioritized

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

*Hint: Think about how different aspects of the event fit into each circle.*

## Part 4: Evaluation and Creation

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

*Hint: Consider which circle reflects your growth.*

- A) Circle of Control
- B) Circle of Influence
- C) Circle of Concern



- D) None of the circles

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

*Hint: Consider how personal growth affects your circles.*

- A) Circle of Control  
 B) Circle of Influence  
 C) Circle of Concern  
 D) None of the circles

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

*Hint: Think about how concern affects stress levels.*

- A) Focusing on the Circle of Concern increases stress  
 B) The Circle of Concern is manageable with effort  
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**Which strategy is most effective for managing elements in the Circle of Concern?**

*Hint: Consider the best approach to handle uncontrollable factors.*

- A) Ignoring them completely
- B) Accepting them and focusing on what you can control
- C) Trying to control them
- D) Worrying about them constantly

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

*Hint: Consider approaches that promote acceptance and control.*

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

*Hint: Think about how this focus can impact your goal achievement.*

- A) It leads to a proactive mindset
- B) It limits your ability to influence others
- C) It increases personal accountability
- D) It reduces unnecessary stress

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

*Hint: Think about the benefits of a proactive mindset.*

- A) It leads to a proactive mindset
- B) It limits your ability to influence others
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**Design a personal action plan to improve your focus on the Circle of Control. Include specific steps and goals.**

*Hint: Think about actionable steps you can take.*

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