



## CIRCLE OF CONTROL

The Circle of Control is a concept popularized by Stephen R. Covey in his book “The 7 Habits of Highly Effective People.” It serves as a visual representation to help individuals distinguish between aspects of their lives they can directly influence and those they cannot.

**The model is typically depicted as three concentric circles:**

1. **Circle of Control (Innermost Circle):** This innermost circle encompasses elements over which we have direct influence, such as our thoughts, actions, and reactions. Focusing on this area involves taking responsibility for our behaviours and responses, which can lead to a greater sense of empowerment and well-being.
2. **Circle of Influence (Middle Circle):** The middle circle represents aspects we cannot directly control but can influence through our actions and communications. This includes our relationships, work environment, and community involvement. While we may not have direct authority over these areas, our efforts can lead to positive changes.
3. **Circle of Concern (Outermost Circle):** The outer circle includes issues we care about but have no control or significant influence over, such as global events, other people’s behaviours, or natural disasters. Spending excessive time and energy on these concerns can lead to feelings of helplessness.

By identifying and focusing on the innermost circle—the Circle of Control—individuals can cultivate a proactive mindset, leading to improved mental health and a greater sense of agency. This approach encourages focusing on personal actions and attitudes, thereby enhancing resilience and overall well-being.

