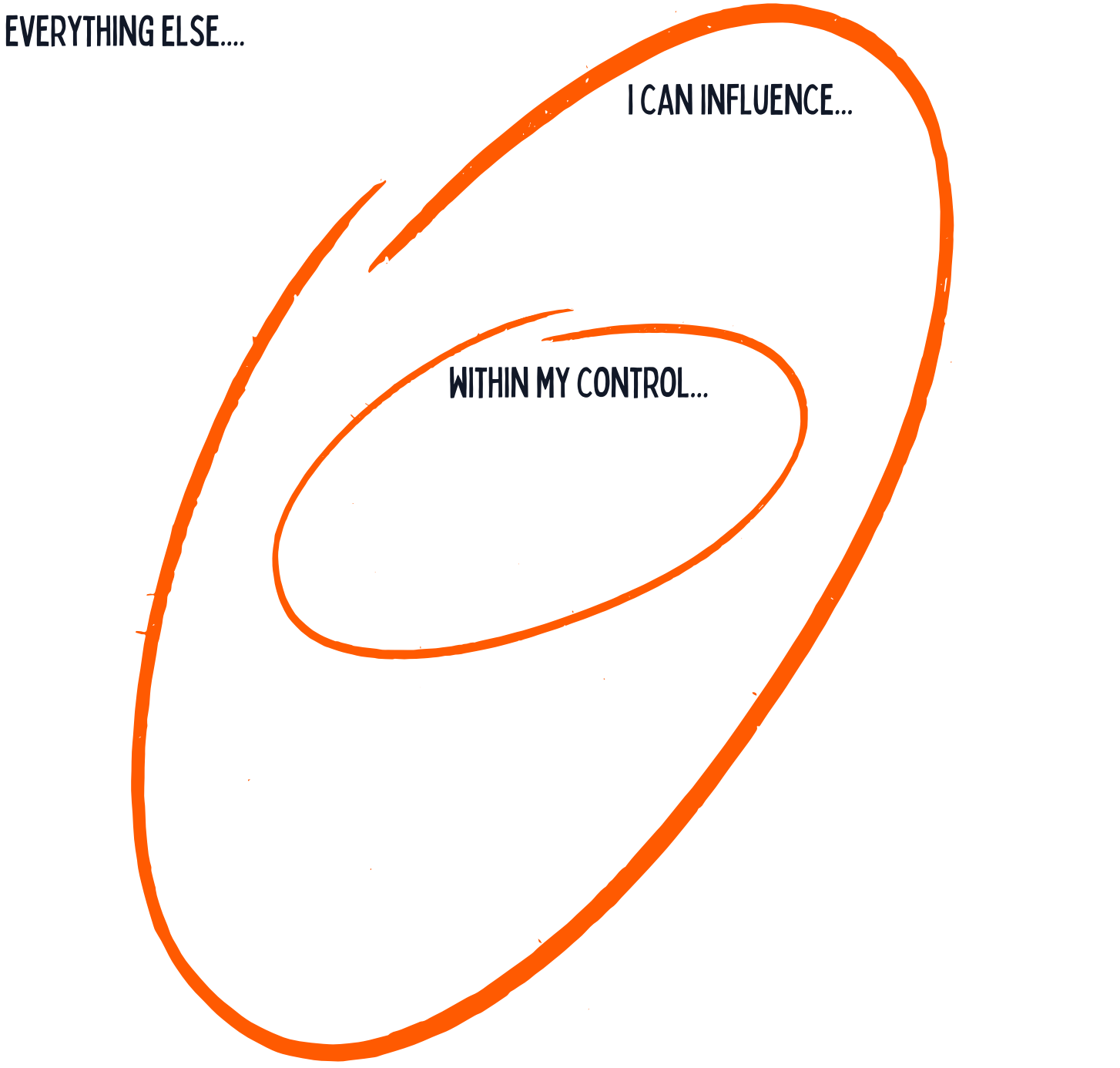
MY SPHERES OF INFLUENCE

Feeling overwhelmed? Stressed? Anxious? It's as easy as A, B, C. Give yourself 10 minutes to complete this short and simple exercise and TAKE BACK CONTROL!



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INSTRUCTIONS

A) Simply take a moment of quiet time to consider all the things that are contributing to your feeling of overwhelm (these could be anything from the dentist appointment you haven't made yet, to ongoing worry about someone you care about, feeling tired, you have a cold, worries, feelings of guilt, etc.). Then, if it helps, scribble them down on a piece of paper quickly.

B) Now, look at the diagram above and for each 'overwhelm item':
1) If you have complete CONTROL over the item (ie. you can resolve it on your own without needing anyone else's help or input)
Write it down within the first circle labeled "WITHIN MY CONTROL" and move onto the next item.

2) If you have PARTIAL control or can INFLUENCE the item (ie. you can resolve part of the item or influence the outcome through your actions or behaviour)
Write this item within the second circle labeled "I CAN INFLUENCE" and move onto your next item.

3) Finally, if the item is COMPLETELY OUTSIDE of your control or influence (ie. there is nothing you could do or say that could directly impact this item)
Write this item OUTSIDE in the area labeled "EVERYTHING ELSE..." and move onto the next item.

C) Once you have addressed all the 'overwhelm items' on your mind, review your "Spheres of Control".
1) FOR the items you have CONTROL over:
● TAKE ACTION (however small) on at least ONE of these today (or even RIGHT NOW!) to instantly feel better.

2) FOR the items you have PARTIAL CONTROL or INFLUENCE over:
● Write down the steps you will take and exactly when you will do them - today or in the next few days.

3) Finally (and most importantly!) LET GO of EVERYTHING ELSE!
● Strikethrough each of these items on your "Spheres of Control" diagram overleaf. If you can't control or influence it, then it is a waste of your precious energy to even think about it!

Now that you're taking action on the items you can control and influence you're focusing your energy where it will be best used! Well done!

Focus on the items you have control or influence over and TAKE BACK CONTROL!

EXAMPLE- various worries related to an upcoming examination:
1) Feeling guilty about how much study you've done? This goes under "CONTROL" – how much study you do is entirely within your control (emergencies excepted of course!).

2) Concerned whether your teacher will recommend you or give you a reference? Put this under "INFLUENCE". You may not be able to control your teacher's actions, but there are many things you could do to influence them...

3)Worrying what questions might come up on the exam paper? Put this under "EVERYTHING ELSE". Short of cheating, this is completely outside of your control. Focus on what you have control over (your study) and let go of this one!