



# Using the Circle of Concern

A Quiet the Hive Worksheet...  
Designed to get you results



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This is the worksheet to accompany the 'Circle of Concern' podcast episode.

Sometimes life feels like it is spinning out of your control. We have so much going on in our minds that it can be paralyzing. This worksheet gives you a tool that you can use to explore where you have influence over those things that may feel beyond our reach. By growing our circle of influence, our circle of control feels bigger too.

This is a practice which you can use any time you're feeling overwhelmed. I hope it helps you to feel a little more in control of this crazy rollercoaster of a life!

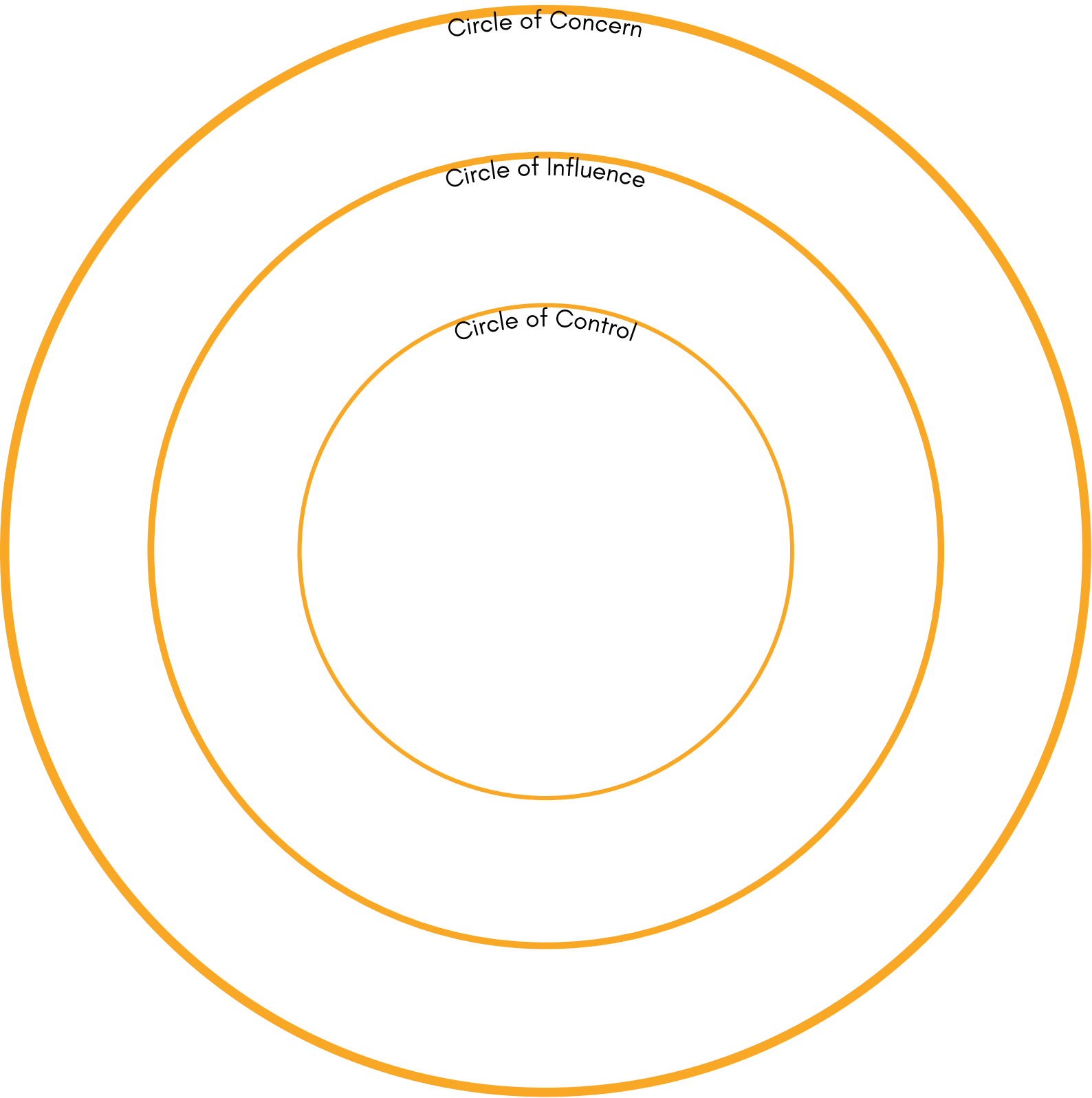
Let me know how you get on,

*Jane x*



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# Circle of Concern



# JOURNALLING QUESTIONS

Take a look at everything that's in your circle of concern. What's going on for you right now?

What are the 3-5 things playing on your mind the most?

1

Use this space to explore what are the key 1-3 elements that you can influence in each of those 3-5 top concerns

2



For each of those 1-3 things you can influence, use the space below to turn them into positive actions you can take.

3

Which of those will you do in the next seven days? List them below and assign a 'do by' date.

4





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