

Circle of Influence & Circle of Concern (7 Habits)

1. On the ground take masking tape and create the two circles seen below.
2. Create a list of statements relevant to the issue or topic being discussed. You can also have the group brainstorm something they are concerned about and/or they have influence over to generate your list.
3. You will read each statement and the participants will then stand in proper circle depending on their position.

Example of statements:

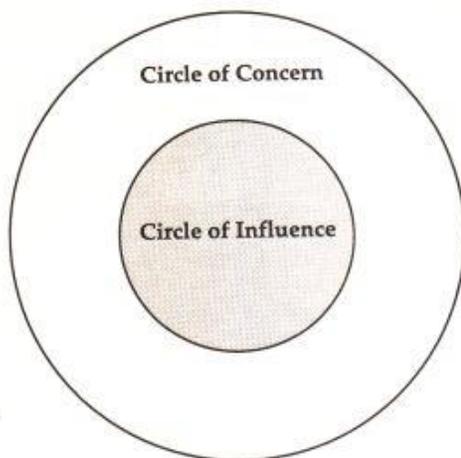
- My healthcare provider
- The college I attend
- How my school is run
- Gang violence
- What I eat
- My grades

You will stand in the inner most circle if you feel you are concerned about this and have influence over it.

You will stand on the second circle (Concern) if you feel you are concerned about this but cannot influence it

You will stand on the outside of the circle if you are not concerned and cannot influence it.

4. You can then have students talk to each other and debrief before each statement or have 1-2 people share why they are standing where they are. Here are some questions to ask:
 - Which circle were you most often in? Which were you least in?
 - How many of you never went into one of the circles? Which one and why?
 - How many people struggled to decide where they stood? What was about the decision?
 - Was anything surprising to you about how you chose/
 - What did you learn about your circle of concern and circle of influence?

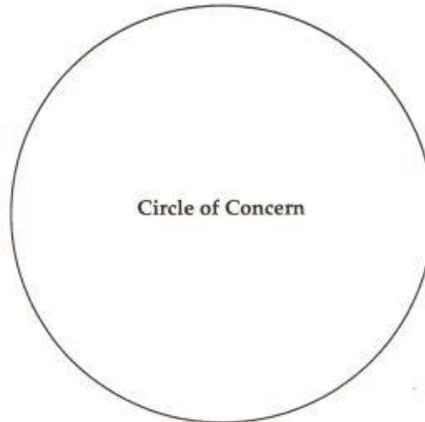


HANDOUT

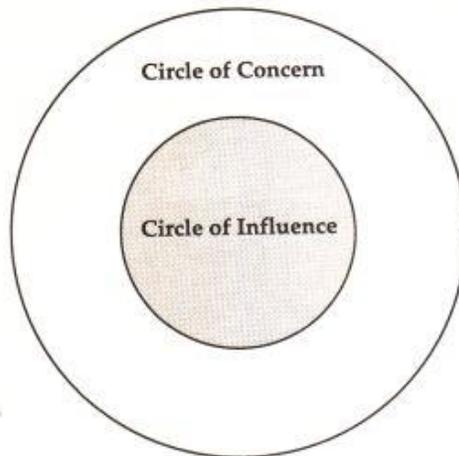
<http://www.breakoutofthebox.com/circle.htm>

Of all the good suggestions in *The 7 Habits of Highly Effective People*, "Habit 1: Be Proactive" is particularly useful when you feel powerless against life's forces. Covey recommends you examine what you can do instead of focusing on worries over which you have no real control.

First notice all your concerns:



Among those concerns, determine where you can take action:



Think of ways to be more proactive (not aggressive) and address the things you can do something about. Your circle of influence will enlarge and your circle of concern shrink:

