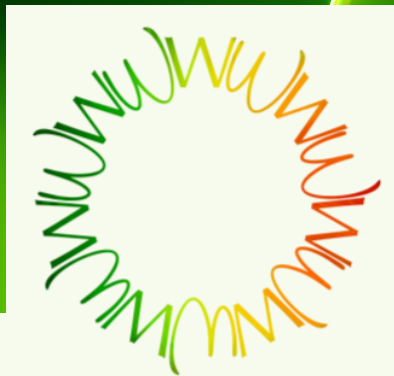


Weekly Wisdom



Grow the Green for You and Your Team



“Not my circus, not my monkeys.”

-- Polish proverb

Circles of Concern, Influence & Control

As health workers, we must focus on our patients and their care. But in many matters, we have the power to choose where we focus our attention and energy.

If we choose to focus on concerns outside our influence, we risk increasing our stress and falling into the trap of accusing, blaming, and being a victim.

By focusing our attention on things we *can* influence or directly control, we are more proactive and empowered. We can make a positive difference. We can use our skills and strengths.

Circle of Concern – the wide range of worries we have.

Circle of Influence – a more narrow cluster of worries we can do something about.

Circle of Control – a smaller circle of things we can change.