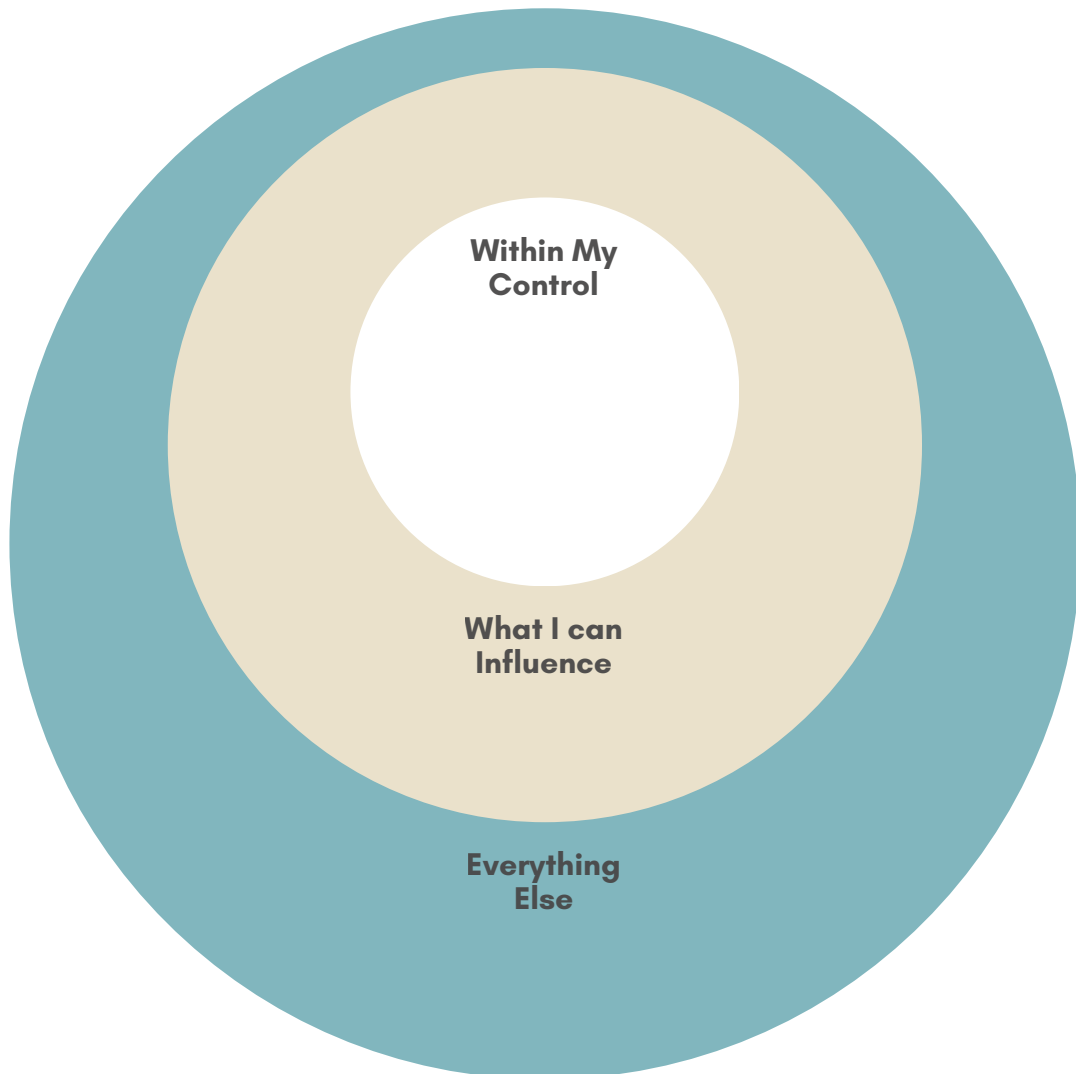


# My Spheres of INFLUENCE

Do you feel overwhelmed or anxious? Get your mindset back under control by considering all the things that are contributing to you feeling this way and assigning them to the appropriate sphere



## **Within Control**

For the items you have control over, take action on at least one of these items today to instantly feel better

## **Can be influenced**

For the items you can influence write down steps you will take and state a date that you will do them by

## **Everything else**

For everything else, it is time to forget about these items. If you cannot control or influence an item – stop thinking about it

*Bryony Wiffen*