

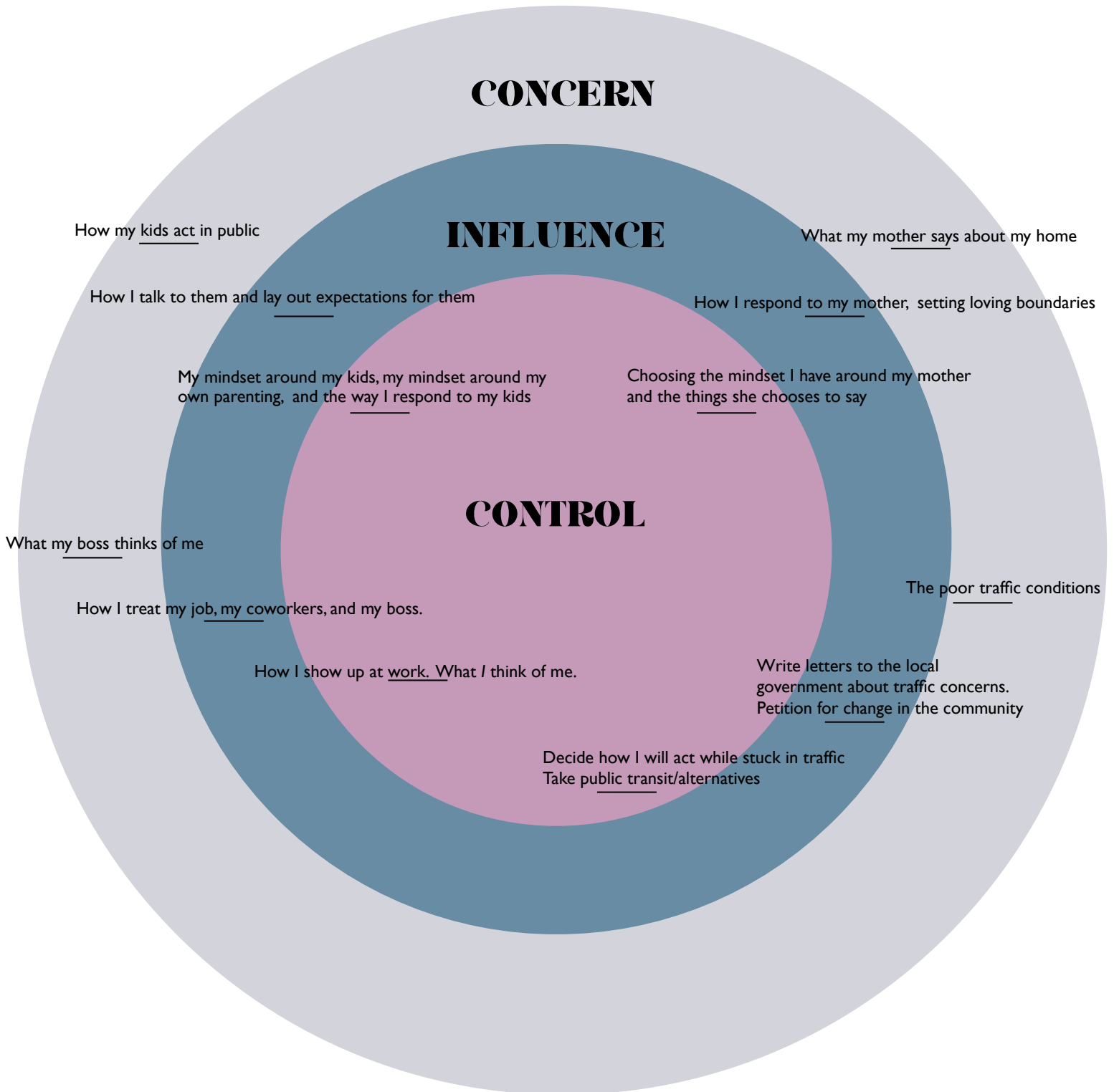


# The Making Change Challenge

WEEK TWO WORKSHEETS  
- Concern/Influence/Control-

Simple on Purpose

## Examples of concern, influence and control



# Concern/Influence/Control Worksheets

## Exploring your concerns/influence/control

1. Consider the things in your life that impact you, worry you, take up a lot of your mental energy and then list them in the column for 'CONCERN'.
2. Next, consider the ones that matter the most or affect you most often - assess any possible way you can influence the situation. If you can think of a reasonable action you are willing to take to impact or influence the situation, then list it under 'ACTION TO INFLUENCE'
3. Finally, write down anything you may be able to directly control and add that to the 'ACTION TO CONTROL' list

### CONCERN

### ACTION TO INFLUENCE

### ACTION TO CONTROL

CONCERN	ACTION TO INFLUENCE	ACTION TO CONTROL

## REFLECTION

Go through each of your circles and reflect on how you have been handling these issues. Then set out some new direction on how you want to move forward.

## CONCERN

In the past, how have I responded to the things that concern me? Have I changed my behaviour to people/situations, made assumptions about people/situations, spent too much energy stressing about it?

How do I want to handle the things that concern me? How can I be proactive about moving them into my circle of influence? How can I be accepting about the things that I cannot or don't wish to influence?

## **INFLUENCE**

In the past, how have I used my influence? Where have I tried to control things that weren't in my power to control? What thoughts do I think about the people/situations I want to control but can only influence?

How do I want to be proactive with my influence? Where do I need to show up differently? Where do I need to set boundaries?

## CONTROL

In the past, have I tried to be too controlling? Or not taken responsibility over the things I can control? Where have I told myself I don't have control but do? Likewise, where have I told myself I do have control but don't?

**CHALLENGE:** What is one thing I will take control over this week?

And what is one thing I will let go of trying to control this week?