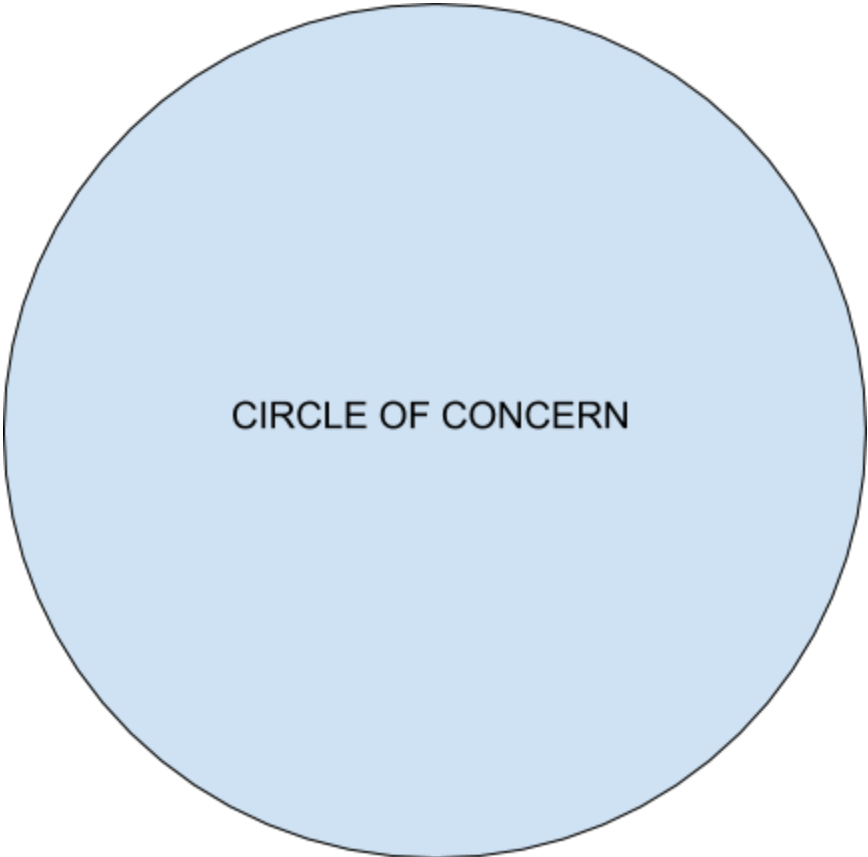


Write out a list of your concerns that would fall under your Circle of Concern



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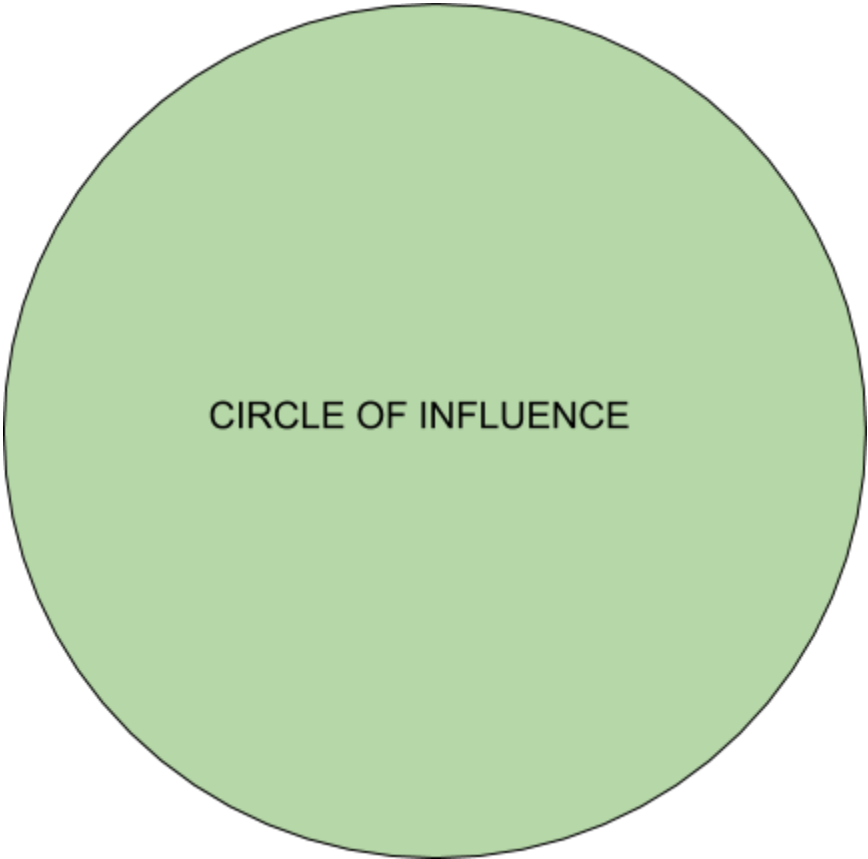
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Write out a list of what you can control, what things you can and want to focus on.



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Take all that you wrote underneath your *circle of concern* and place them in this circle and keep it close to you to remember.



TAKES AWAY MY ENERGY

Take all that you wrote underneath your *circle of influence* and place them in this circle and keep it close to you to remember.



**GIVES ME ENERGY**