

**Circle of Concern**      **Things we are concerned about,  
but cannot influence**

**Circle of Influence**      **Those things we can do something about**

List your concerns in the box below and then turn to the next page to clearly differentiate those that are within your control and those that are not.

**Current issues/concerns:**

“Emotionally resilient individuals are characterised by a staunch view of reality. They are very logical in their interpretations of setbacks - what is in their control, out of their control and options for taking action.”

(Peterson et al, 2008)

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Using the circles in this diagram, transfer each individual concern from your list into the relevant space.

*By focusing your mind and attention on what you can influence, you will identify where your real issues lie.*



Circle of Concern

**Circle of Influence**