

## The Circles of Life: Knowing Where to Focus for the Greatest Impact

This worksheet was formulated to help you visualize the areas where you have power and control. You can avoid a lot of frustration and distress for yourself if you put most of your time, attention, and energy where it can make the biggest difference.

Directions: Create a list of your concerns and decide which circle each thing would fit in. Use available time and energy for those concerns that fit into the two inner circles.

