

circle of influence

The very first step in getting your mind right for this special parenthood is identifying what you can and cannot change.

CIRCLE OF CONCERN

These are the things that worry and frustrate you, but that you have no power over or influence on.

If you focus here, you end up with stress, frustration, and wasted energy.

CIRCLE OF INFLUENCE

These are the things you can actually influence the outcome of. Focus your time and energy on these things. When you do, your influence grows.

