Circle of Influence Worksheet

Use this worksheet with young people & adults.
This can help people label worries and identify whether the worries are truly theirs or whether they belong to another. It looks at what worries they can influence and those they can’t.
Many of us have worries and problems in life, sometimes these can become overwhelming and make us feel hopeless and low in mood. When this happens, it’s useful to look at the circle of influence and separate our worries/problems into two areas...

1. Worries I can influence (do something about) e.g. budgeting, weight loss.
2. Worries I cannot influence (do anything about) e.g. weather, people’s opinions, prices.

Try to place your worries/problems into the circles below.