

# The circle of influence

## Use your energy optimally



Everyone gets worried sometimes: a problem at work, difficulties at home, or a sick family member. But to what extent do you yourself influence those situations? And what should you avoid putting your energy into?

### The two circles

Things over which you yourself have little influence – such as the weather or the economy – are in the circle of involvement: you suffer from it, but can't do anything about it. Being too preoccupied with this mentally causes stress. Besides, it guzzles your energy. This leaves you with less power to tackle the things you can do something about – in the circle of influence.

### Clever handling of the circles

Has a problem arisen? Ask yourself if you have any influence on the situation.

- Yes. The problem is within the circle of influence. Do something about it.
- No. Then you have **two options**.

#### Option 1

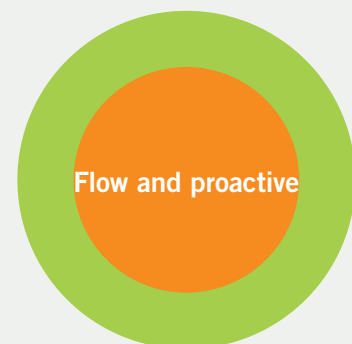
Expand your circle of influence. Think about how you can still have an impact on something you can't do anything about at the moment. In this way, you may solve the problem and gain more self-confidence, energy, and quality of life.

For example, join a sounding board group in the event of a reorganisation or take a training course to qualify for the job you want.

#### Option 2

Can't expand your circle of influence? Then distance yourself from the situation. By letting go of the problem, you create space to focus on the things you can do something about.

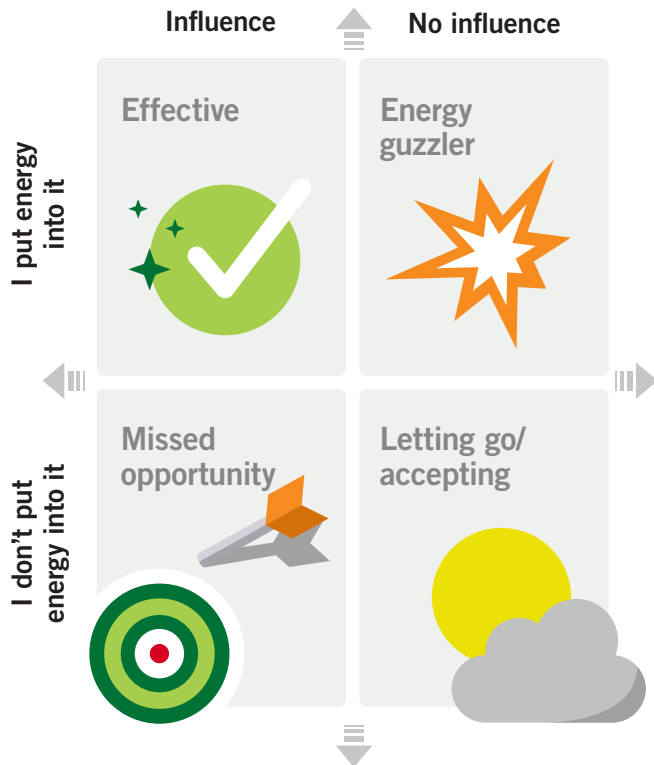
### How do you experience your life?



● involvement      ● influence

## Use energy efficiently

By cleverly dealing with the circles of influence and involvement, you put your valuable energy to better use and achieve more results.



### Effective

Do you have any influence on the situation? Put energy into it. It'll make you feel good.

### Missed opportunity

If you influence the situation, but do nothing with it, you miss opportunities.

### Energy guzzler

Situations over which you have no influence, but are nevertheless committed, often yield little.

### Letting go/accepting

Leave things you can't help for what they are. The energy you put into it will probably be lost anyway.

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