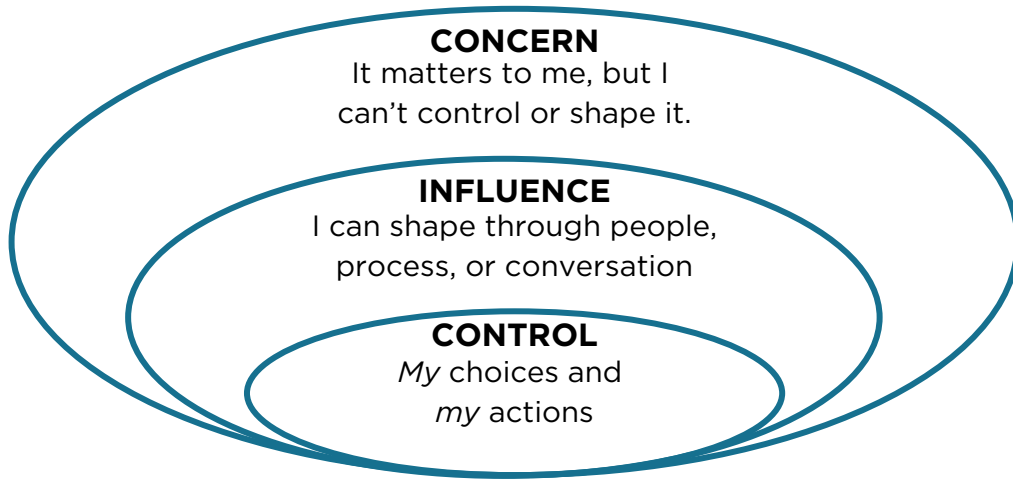


Locate Your Agency

Decide where to focus your attention and energy

Inspired by the work of Stephen Covey.



What am I most preoccupied with right now?

(Name 3 - 5 issues or situations as specifically as possible)

In which circle does each of these issues belong?

(Be honest about your real agency, not your wishful thinking)

What is the most effective use of my energy, given that reality?

CONCERN >> What would it mean to acknowledge this and let it go - for now?

INFLUENCE >> What conversation or leverage point could shift this?

CONTROL >> *What action or decision is mine to make right now?*

BOTTOM LINE: *Where you invest your attention and energy determine whether you feel effective or exhausted. So, care deeply, but act where you can.*