

# Spheres of Control



*Let's unleash your brilliance*

**A Leadership Development Exercise**



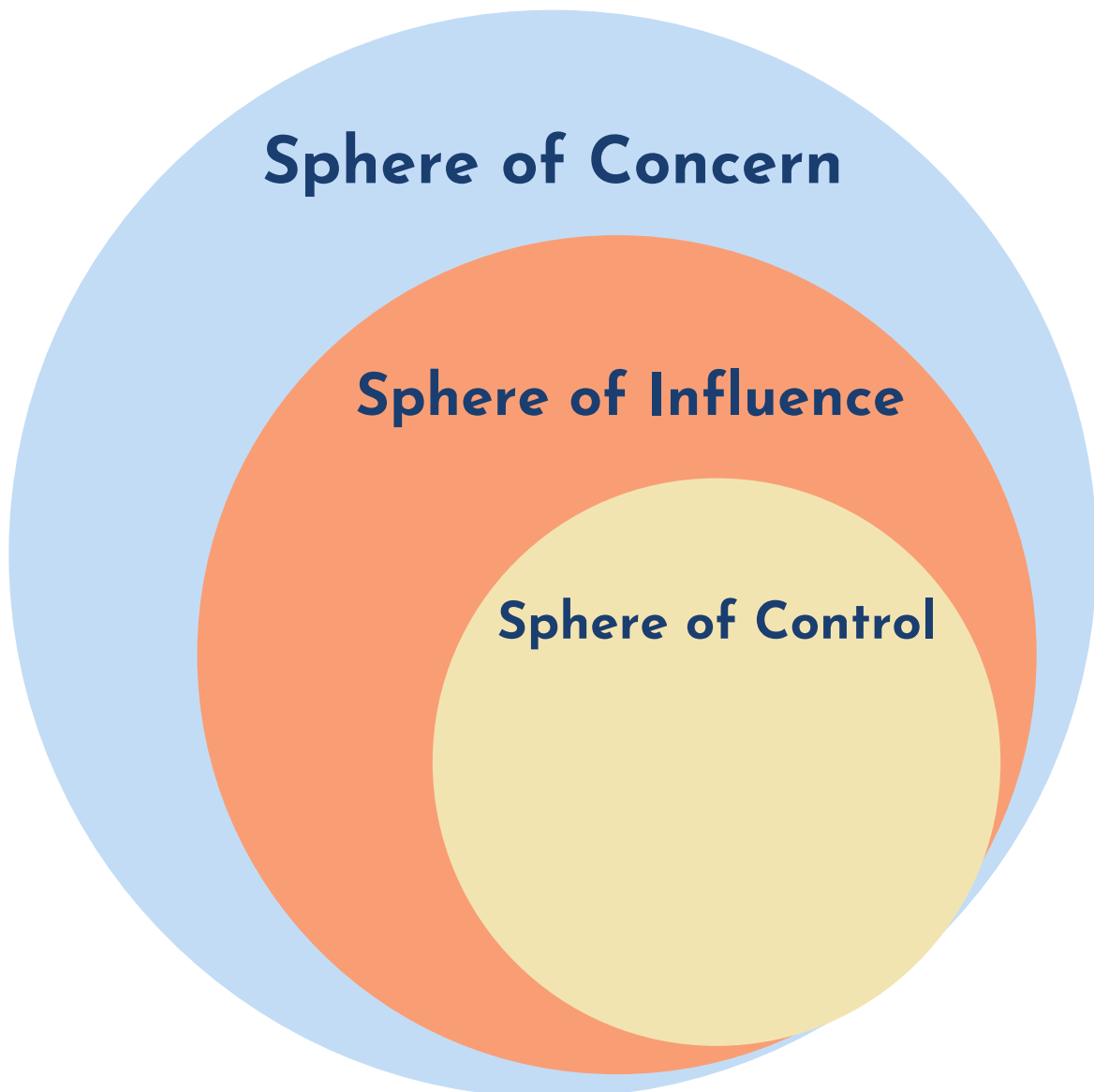
*"With responsibility comes  
great power"*

Jim Kwik, Brain Coach



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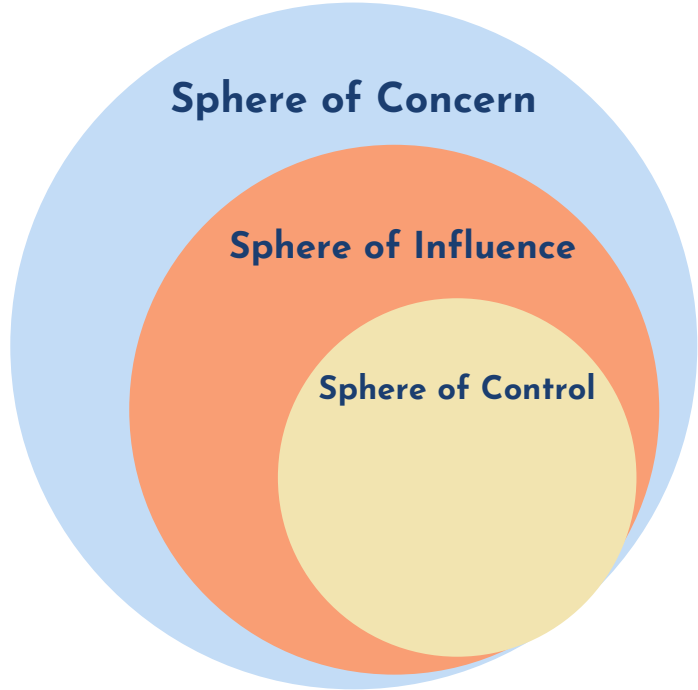
It's natural to think about what others can do to make you feel empowered. Most of us spend an incredible amount of time and energy worrying about what others might do or say. Imagine if you could spend that energy taking action, to empower yourself. Empowerment is about being able to see what's truly within your control and influence. The reality is, there's so much more within our control and influence than we think!



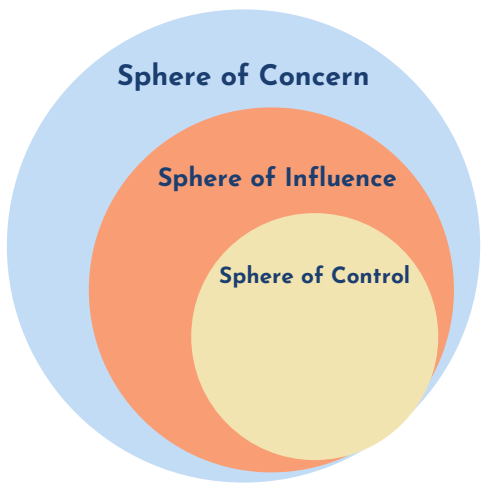
# Spheres of Control

## Instructions:

Think of one issue, either at work or at home that is challenging for you. It can be something that is exciting, but you don't know how to move it forward, or something that is frustrating or causing you to feel upset or angry. Write your thoughts below:



# Spheres of Influence



**Within my control  
(Sphere of Control)**

*Is this completely within my control?*

**I can Influence  
(Sphere of Influence)**

*Is this partially within my control?*

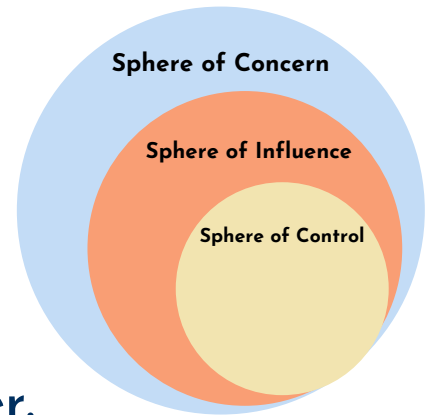


**Everything Else  
(Sphere of Concern)**  
*Is this completely outside of  
my control and influence?*

*What is one thing I could do to move toward the outcome I want?*



## Partner Reflection



Instructions: Discuss the following questions with your breakout partner.

- *What did you discover in this activity?*

- *What new behaviors or actions did you identify within your sphere of control?*