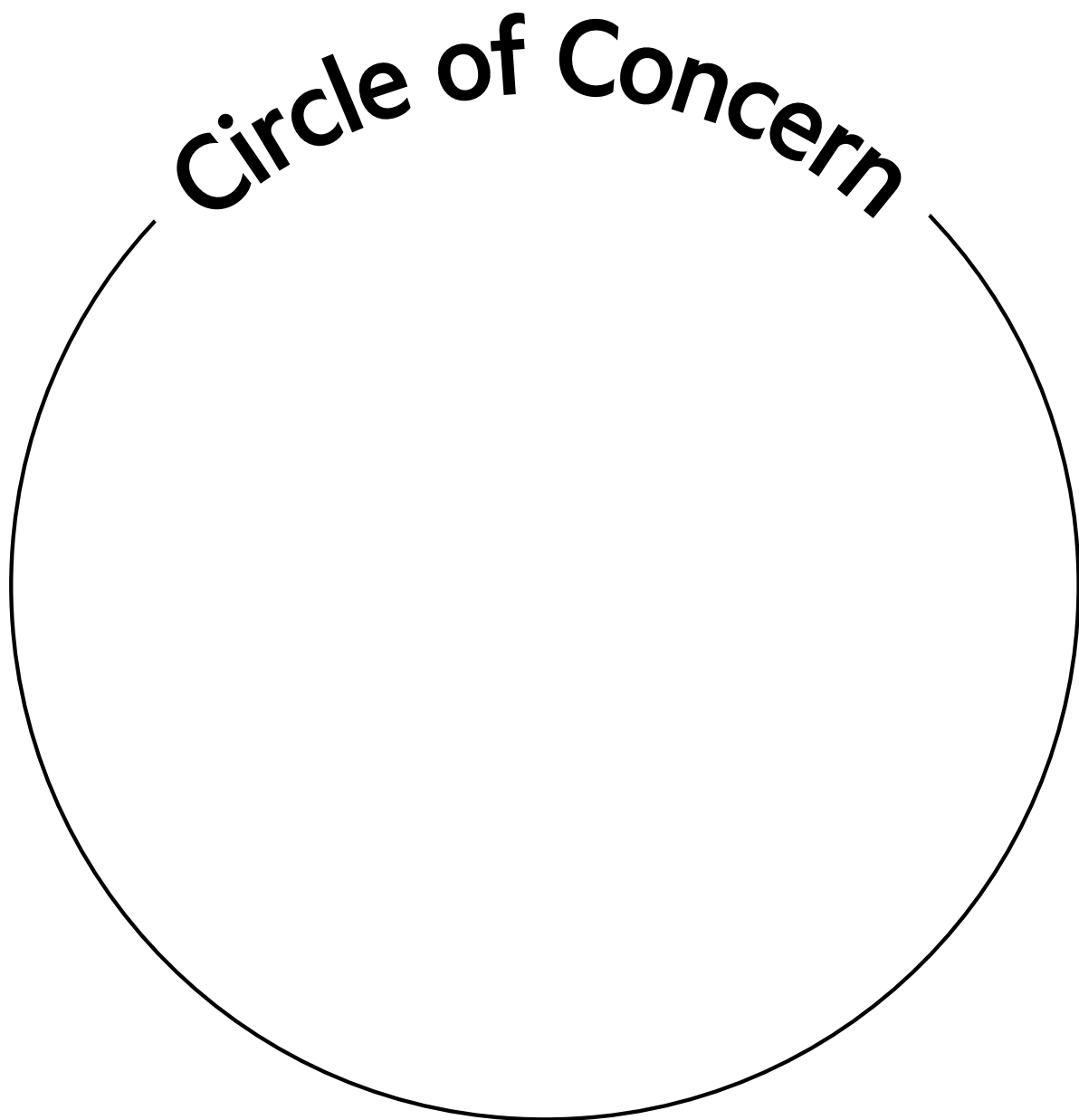


THERE'S NO BUSINESS LIKE YOUR BUSINESS WORKSHEET

Staying in your **Business** is the best way to ensure you feel empowered, happy, and present. As we discussed in *Hold That Thought*, investing your energies in your Circle of Influence will keep you in your **Business**. In this worksheet, you'll be looking at all of the things that worry you and clarifying whether you have any power to influence them or should eliminate them from your Circle of Concern entirely.

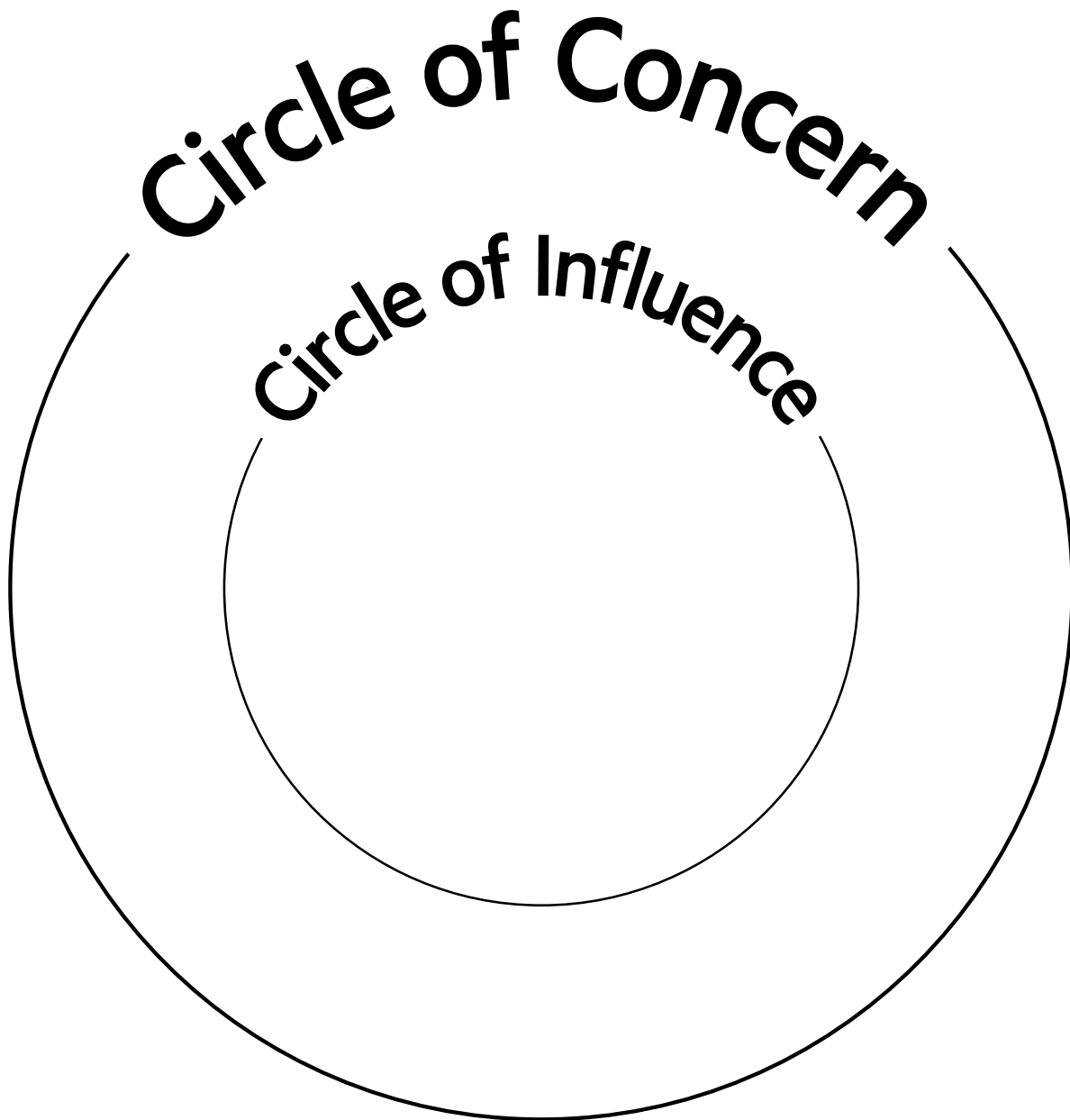
In the Circle of Concern below, write down everything you think, worry, or hear about. Include politics, your friends and family, the weather, your job, etc.



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Now it's time to consider whether you have the power to affect the elements in the circle. It's possible that you might have the resources to shift a large percentage of these items but might not have the interest and focus for all of them. It's not likely, for example, that you can cure malaria *and* solve world hunger *and* clean up the oceans *and* fight corruption *and* have a successful career *and* run an efficient household *and* be an incredible parent *and* take care of your health and remain sane. So, in the circles below, differentiate between those items over which you currently have influence (inner ring) and those you don't (outer ring.) The Circle of Influence includes everything in your Circle of Concern over which you have control to effect change.



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If you want to increase your impact on the world, then it's important to focus both your mental and physical energies on the items inside your Circle of Influence. In the chart below, write down the actions you can take to increase your influence.

Circle of Influence Item	Impactful Actions I Can Take

The more you invest in your Circle of Influence, the more it expands, and the more effective you'll be. So, don't just be a concerned citizen. Stay in your **Business**, go out there, and make the world a better place for all of us!

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