

Title: Attitude circle

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Activating your chosen mindset is all about staying in the circle. Focusing on the things you can control --
attitude, effort, behavior -- and ignore everything else.

The first and smallest circle at the center is the circle of control, representing aspects of our life over which we
have direct control. It is the sphere in which we can effect change. The circle ...

Applying The Theory: 3 Real-Life Examples3 Activities and Exercises For Adults2 Worksheets and
Templates For TherapistsAs described with the real-life examples above, aiding your clients in accepting what
they can and cannot control can help them face many of life"s challenges. Below are a few simple exercises
your clients can use during therapy or counseling.See more on positivepsychology Attitude-Circle - Attitude
Circle ? No Love No Pain More Money More Respect

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In Stephen Covey"s 7 Habits of Highly Effective People, the Circle of Influence is a concept that refers to the
things that an individual has control over, such as their behavior, attitudes, and actions.

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