

Date \_\_\_\_\_ Subject \_\_\_\_\_

Name \_\_\_\_\_

## Spheres of Influence

Making good use of your personal  
resources to set goals and  
overcome problems

**This** is about ►

**I don't have any** control over ... ▼

**I have SOME** control over ... ▼

**I have complete** control over ... ▼

**Solution, goals, ideas**

