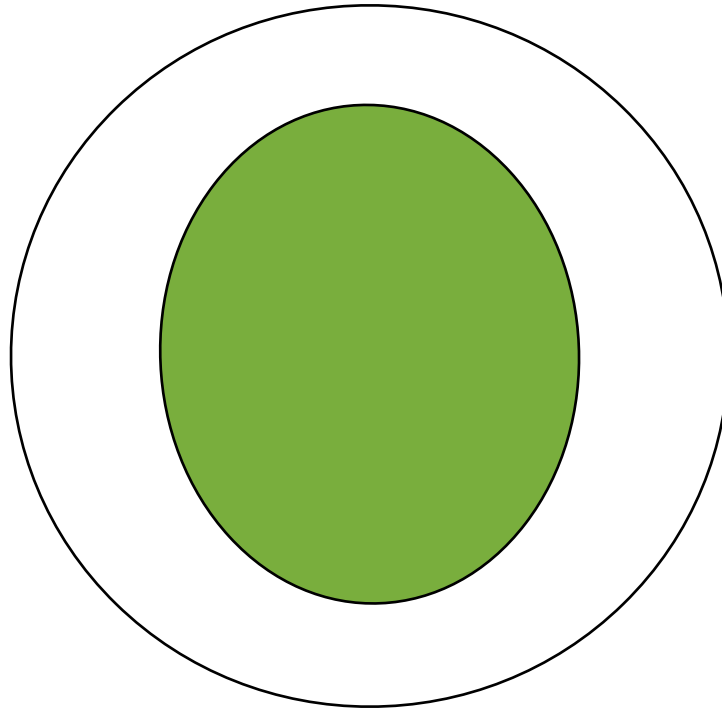


Ask John Printout for Episode #2 Video



In Stephen Covey's great book, *The Seven Habits of Highly Effective People*, he has a section about the Circle of Concern and the Circle of Influence.

For this video section, I have attempted to make a rendition of the illustration above. The inner circle, which is green, is the circle of influence. The outer circle, which is white, represents the circle of concern.

The Circle of Concern basically houses everything you do not have any control over, for example: the weather, someone else's mood, the law passed in the senate today, etc.

The Circle of Influence houses everything you do have control over, for example: how you use your time, your reaction or response to something in your circle of concern, your thoughts, etc.

The main key from this section of the book was the power you have to increase your influence over your major concerns by not concentrating on your concerns but by concentrating your efforts on your area of influence.

- How you use your time? Are you working on things that are moving you towards your goal or are worrying about things that can not help you.
- Are you reacting or responding? Reacting meaning to jump off the handle. Responding meaning to take a moment to absorb what has happened and then intelligently looking for the good in the adversity.

This list could go on forever, so I hope you get the point.

Happiness has to come from your circle of influence, not your circle of concern. If we rely on the things we have no control over to make us happy, we will never be happy.

I hope this has helped you.

Here's to your LifetoSuccess,

John Clark

<http://www.lifetosuccess.com>

<http://www.successinsidersecrets.com>

<http://www.theleadershipqualities.com>

<http://www.askjohnclark.com>

P.S. Make sure to send this to anyone you know that will find it helpful. Let's keep ourselves in an upward spiral to success. The good thoughts you forward will always come back to you.