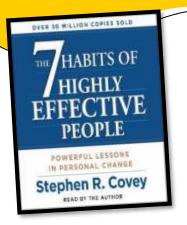




## **Adopt A Proactive Mindset**

"PROACTIVE PEOPLE
FOCUS THEIR EFFORTS
IN THE CIRCLE OF
INFLUENCE. THEY
WORK ON THE THINGS
THEY CAN DO
SOMETHING ABOUT."
Stephen R. Covey



Restrictions are slowly being lifted across states, but many of us still feel like we don't have control over as much as we usually do. Kids' school, PCS timelines, and work schedules are still up in the air for a lot of us, and this might leave you feeling anxious. We also cannot control the weather, traffic, the past, other people's happiness, or other people's actions.

So, let's focus on what we can control: our reaction to people and events, how much rest we are getting, what we are eating, how much news we are watching, how we are spending our time...all shape our attitude & stress levels.

Stephen Covey's 7 Habits of Highly Effective People distinguishes areas of concern from areas of influence, or control. Our circle of control includes events and activities we can largely shape based on our actions, choices and decisions.

How I save money
What I read
When I wake or sleep
Where I live
Where I spend \$
Who receives my attention

CIRCLE OF CONCERN

Circle of Control

Condition of local roads
Facebook advertisements
Other people's behavior
Stories reported in the news
The global economy
The weather

Proactive people have a small circle of concern and large circle of control; they invest time on issues they can control.

Resilience reminder courtesy of 325 FW/CVB