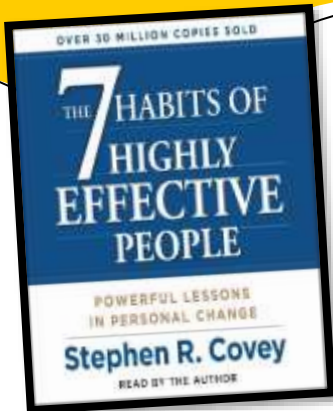




## Adopt A Proactive Mindset

**“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.

