

LESSON 6

WHAT ABOUT ME?

KEY CONCEPT:

CIRCLE OF CONTROL

Ever think, “What about me?” We sometimes let other people determine whether we fit in or whether we look good enough. But what if we don’t live up to our potential because we let their ideas stop us?

HABIT 1: BE PROACTIVE reminds us that we have no control over what others think, say, or do, but we have control over how much we let them affect us.

“DON’T LET SOCIAL MEDIA AFFECT YOU. IT’S NOT WHAT OTHER PEOPLE THINK ABOUT YOU, IT’S WHAT YOU THINK AND FEEL ABOUT YOURSELF THAT MATTERS MOST.” - MELINDA

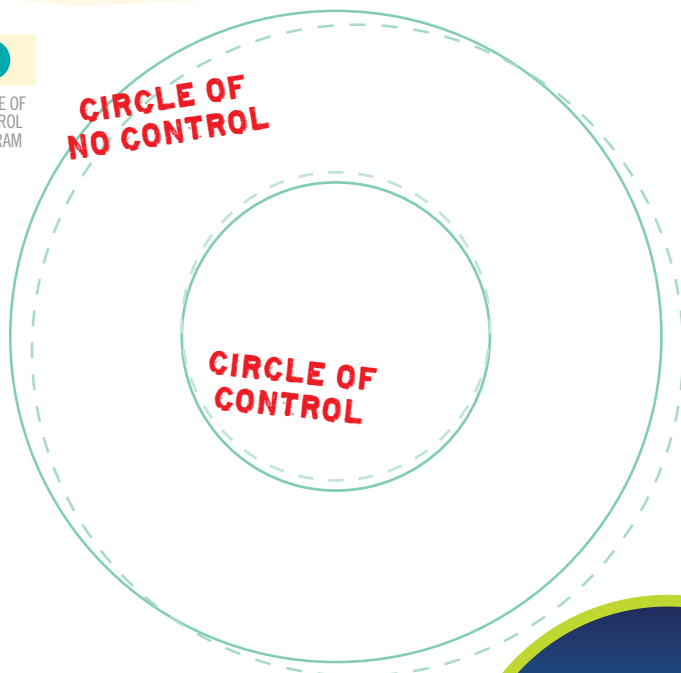
Do you agree with Melinda? Why?



The **CIRCLE OF CONTROL DIAGRAM** helps us focus on things we can control. For a given situation, the things over which we have control are listed in the inner circle. The things we may be concerned about but have no control over are listed in the outer circle.

Write the things over which you have control in the Circle of Control. Write the other things in the Circle of No Control.

What I wear My parent's job Friendliness
Whether I smile Social-media comments Who I hang out with
The way I talk to people Where I live Cliques
Mean comments A past mistake Moodiness



FOCUS ON THINGS WITHIN YOUR CIRCLE OF CONTROL TO SEE IF YOU FEEL MORE IN CONTROL. CHECK IN WITH YOUR ACCOUNTABILITY PARTNER IN ONE WEEK.