

# Weekly Wisdom



*Grow the Green for You and Your Team*



*“Happiness & freedom begin with a clear understanding of one principle: Some things are within our control, and some things are not.” -- Epictetus*

## What's in Your Control?

Many of us worry about things we can't control - climate change, our past, the weather, other people's actions, feelings, and opinions of us. This large realm is called our **“Circle of Concern.”**

In addition to the things we can't control, ancient philosophers identified a smaller realm - our **Circle of Control**. These are things we can change: our thoughts, beliefs, and judgments, to name a few. “It's a way of focusing our attention and energy on what really matters, so that we can live more fully and authentically.”

Between the two circles is our **Circle of Influence**, or things we can work to improve. For example, global human suffering is not in our control, but we can tend to those who suffer in our midst. It is possible, and important, to grow our circle of influence.

We can begin by managing our reactions to stressful situations. Start small. React to minor irritations with grace & curiosity. Those “who focus on the circle of control are more likely to be resilient in the face of stress and adversity.”