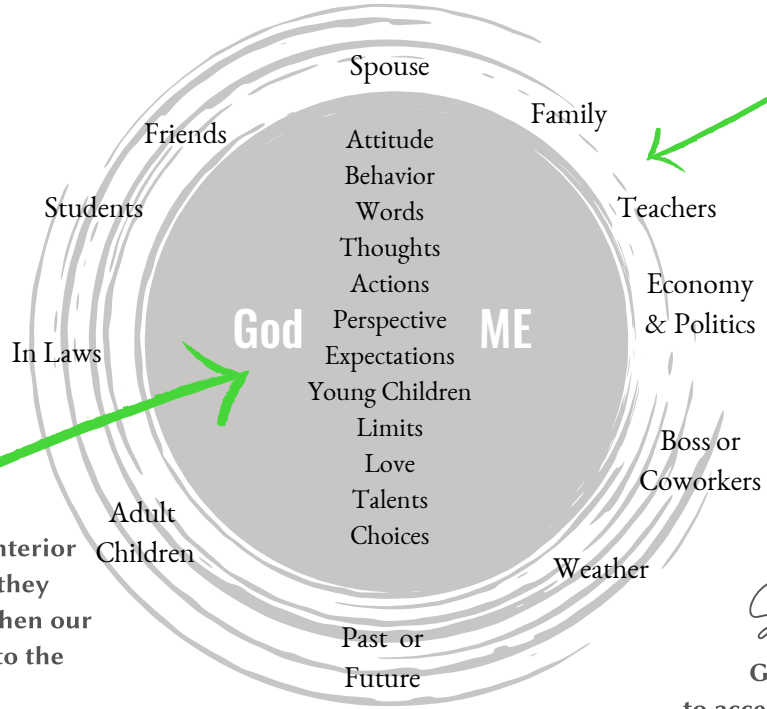
CIRCLE OF CONCERN



Stuck or Shrink

If we stay on the outside of the circle our influence shrinks and we often feel stuck, out of control, and spinning.

Growth

Effective people focus on the interior circle controlling only what they can control. Growth happens when our focus shifts from outer circle to the interior one.

Serenity Prayer

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.

Anxiety Gone by Dr. Stanley Hibbs & *Boundaries* by D.r Henry Cloud & Dr. John Townsend