

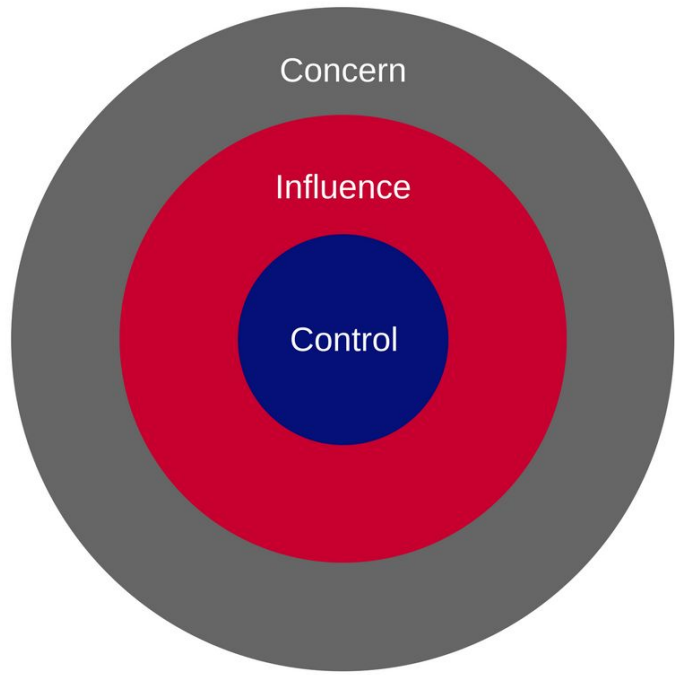


REVIEW YOUR 2020

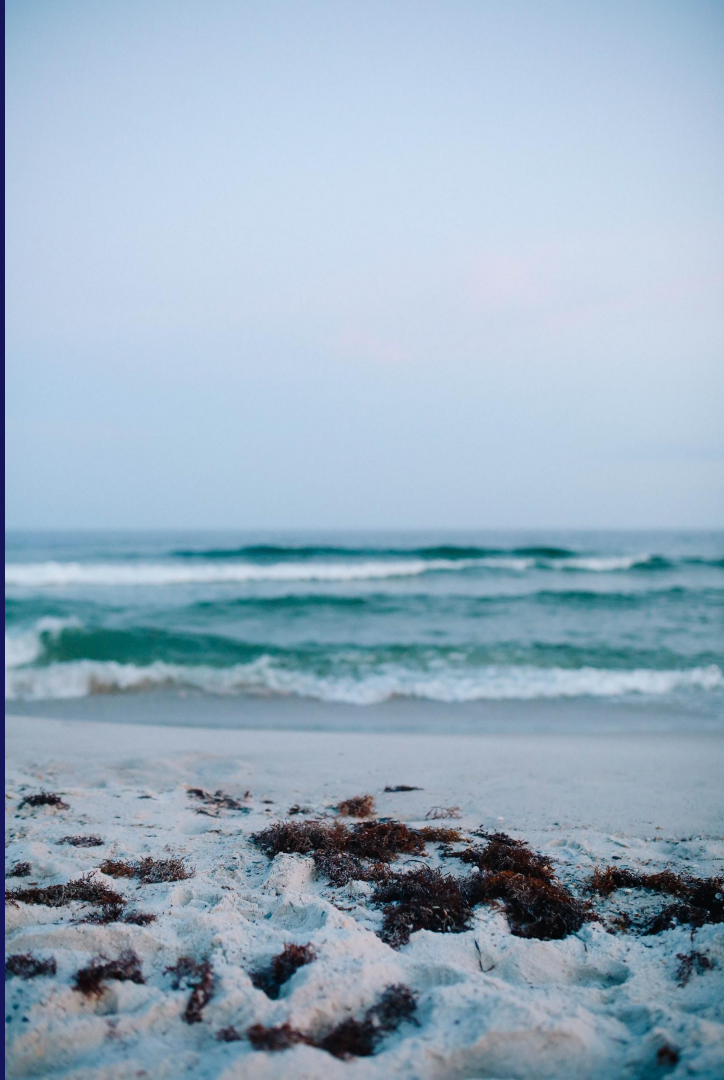


Look back to decide:

- What didn't go well that was IN your Circle of Control
 - What went well, and why...
- What you need to change for 2021 (if anything)



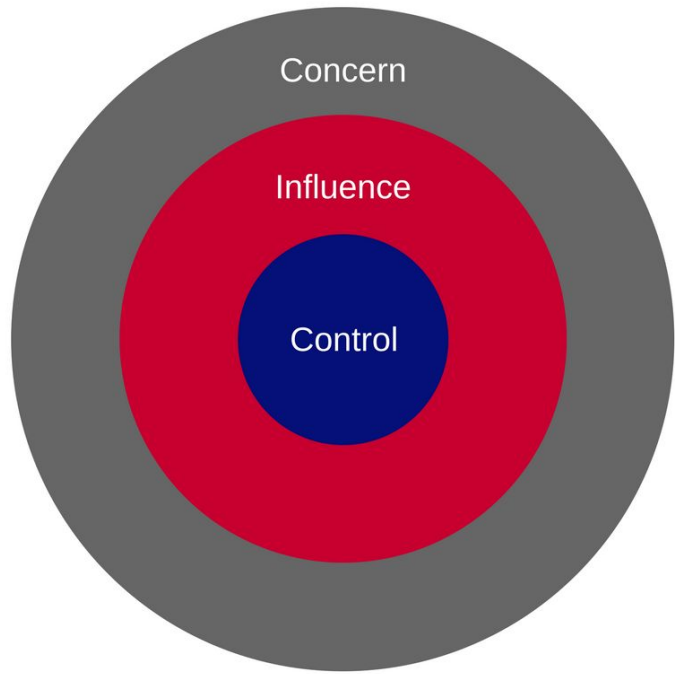
- **Concern:** all of the things in life that CONCERN you - that you are interested in the outcome of. Everything inside the circle is something you care about. Everything outside is what you don't care about.
- **Influence:** things that concern you, that you can directly INFLUENCE the outcome of, but it's not 100% down to you.
- **Control:** things you can DIRECTLY influence the outcome of.




“Some things are within our power, while others are not.

Within our power are opinion, motivation, desire, aversion, and in a word, whatever is of our own doing; not within our power are our body, our property, reputation, office, and in a word, whatever is not of our own doing.”

~ Epictetus



- Be realistic - **what was inside your Circle of Control this year?**
- And what was actually in the Circle of Influence or Concern, but that you *confused* with being in your Circle of Control?
- Did you unduly let things outside of your control affect you?
- Were there things you COULD have controlled, but didn't?
- What factors outside of your control will still be in play in your life in 2021?
- How will you react/interact with them?
- More on this in a podcast inside the Circle - link at the end.



This has been a particularly hard year - cut yourself some slack!



That being said...

... was there anything that you let influence you that you want to move away from/let go of next year?



5 Minute Activity

- **Make a list of the things that negatively impacted you/got in the way of your goals this year.**
- Assign them to the circle of control, influence, or concern.
- Think about what you might want to let go of in the new year that didn't serve you this past year.



What went well (& why)?

Even in a difficult year, there would have been things that went well - in both your business and personal life - no matter how seemingly small or inconsequential!

Humans have a negativity bias.




- We have evolved to focus on the negative - the things that are a danger to us - because this keeps us alive.
- However, it tends to mean we focus and ruminate on the bad at the expense of noticing the good.
- Studies have shown that focusing on gratitude (and undertaking gratitude practices) can result in a marked improvement in happiness - because gratitude practices force us to consciously focus on the good in our lives.
- So, let's look at what went well - and why - in 2020.



5 Minute Activity

- **Make a list of ALL the things you can think of in 5 minutes that went well this year.**
- This can be in your business or in your life.
- No matter how big or small, write them down!
- For each thing, also contemplate WHY they went well. Was it something you did? Something someone else did? Blind luck?
- For example 'I stuck to a regular workout routine - because I decided what sort of fitness mattered to me, planned my workouts ahead of time, and made it a habit'.



What lessons
will you take
forward with you
into 2021?

- From what we've covered today - can you see some themes emerging?
- What have been your strengths?
- What have been your weaknesses?
- What will you be taking forward with you into 2021 - and what might you choose to let go of/work to move past in 2021?



Further Resources

Workshops & Podcasts

- Podcast: [The Circle of Control](#)



SEE YOU FOR
ANOTHER YEAR
OF WORKSHOPS
IN JANUARY!