

Stephen Covey's Model of Proactivity

The Circle of Concern

This is for things which are outside of our control.

The Circle of Influence

This is for things which we can do something about.

How to Proactively Expand the Circle of Influence

Plan and prioritise.

Anticipate setbacks.

Seek evidence for and against your worries.

Listen and empathise, even if you disagree.

Acknowledge and learn from mistakes.

