The Circle of Concern, Circle of Control, and Circle of Influence are concepts to help understand what we can and can't control. These concepts come from Stephen Covey's 1989 book 'The 7 Habits of Highly Effective People'.

**Circle of Concern**
- Things you're interested in, but can have no impact on
- Avoid devoting attention to issues here

**Circle of Influence**
- Issues you can have some amount of influence over
- Devote some attention here, but know that you can't control the outcome

**Circle of Control**
- Issues you have full autonomy over
- Typically, these are limited to choices you make about yourself
- Focus your attention here