

TOOL

Spheres of Influence



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Spheres of Influence

Purpose

A coaching tool to help clients move from frustration to empowerment by identifying what they can control and influence.

Why It Matters

People often focus on what's outside their control. This tool helps redirect attention to where they do have agency—so they can take meaningful action.

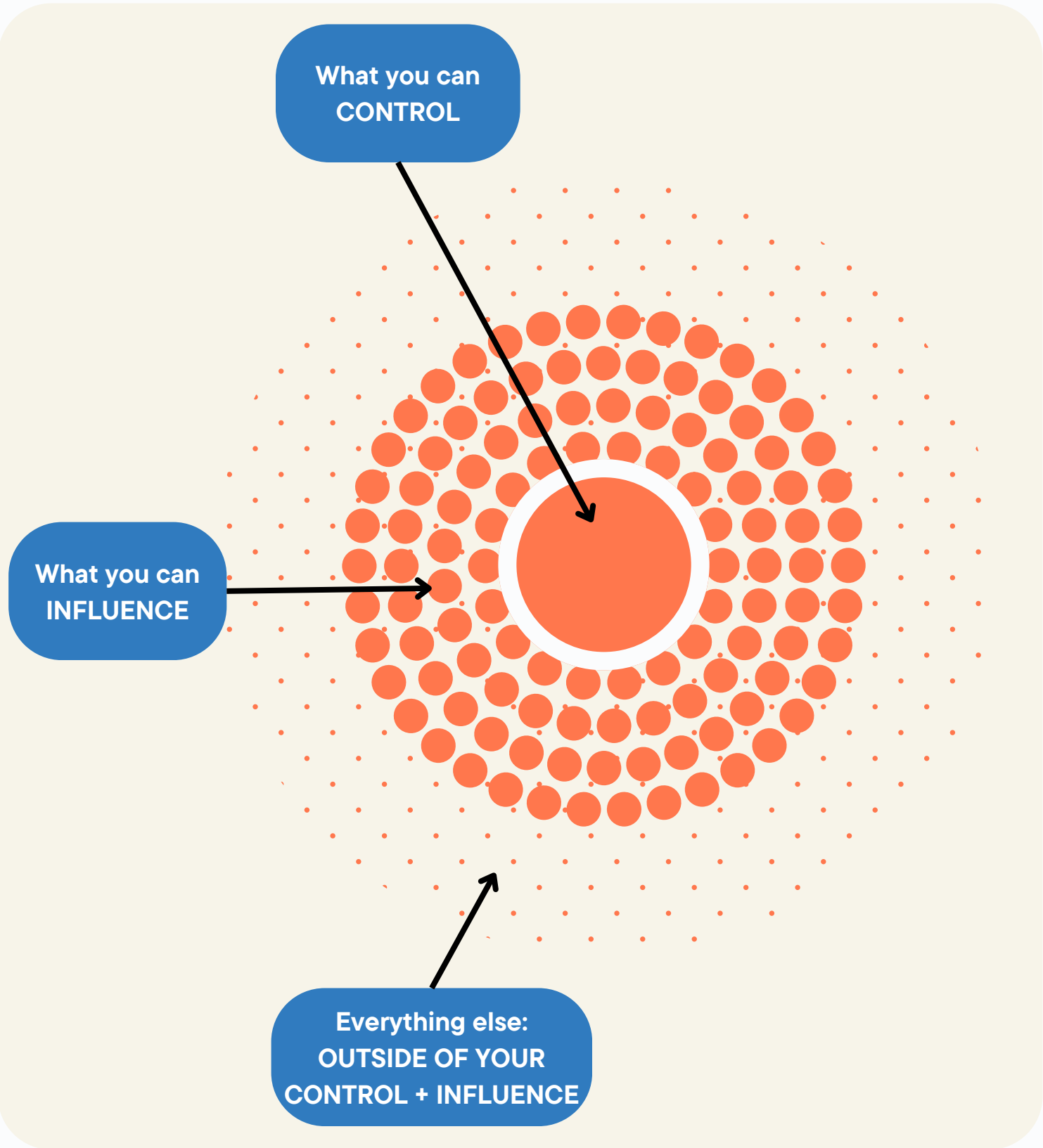
When to Use

Use when you or a client feels stuck, overwhelmed, or focused on factors outside their control.

How to Use This Tool

- Invite your client to name a situation that feels frustrating or stuck
- Sort what's happening into: control, influence, and outside
- Ask: Where do you have the most leverage right now?
- Coach toward concrete actions within control or influence

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WHAT'S NEXT

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