

Create Your Circle of Priorities or Circle of Impact

All of the relationships in our life are bidirectional. That is, we are influenced by them, and they are influenced by us. We may not like or respect everyone we engage with and in some cases, we can't just walk away (ex. your boss) but you may be able to establish better boundaries to protect yourself.

By mapping out your circle of impact, you create a visual to help you clearly acknowledge the flow of your resources of time, emotional and physical energy, your strengths/gifting, and so on. Exercise your power of choice or agency and set healthy boundaries that help you show up fully to life – brave, whole, on purpose – and with joy!

Ideas to consider as you create your circle of priorities/impact

- Move people/activities into the concentric circle that feels like the best fit. You may need to go through many iterations of this exercise until you're confident you've got your priorities straight.
- You have the greatest impact on those people or activities in your inner circles and vice-versa. Choose wisely who/what merits the best of you. Only allow people into your inner circle who you feel safe with to reveal your whole, true self.
- Be sure to put yourself and your mind-emotion-spirit-body health on your circle!
- Placement on circle does not necessarily dictate hours spent on it.
- Getting clear on your circle of impact can help set healthier boundaries.
- It can help us see when to say YES! and when to say NO!
- Everyone's circles will look different.
- Where do parents fit on your circle or employment or mission/purpose?
- Our circle will change as we transition through different life seasons.
- Some people may struggle to fit all their friends/acquaintances and commitments onto their circle. Others may notice a need or desire for more connection and engagement. Try to stay out of judgment as you notice what comes up for you.
- You may want to get creative about meeting certain relational needs. For instance, online community is different but not "less than" local community. We don't always find our people close to home.
- Regardless of the science around community, only healthy community will have a positive impact on our wellbeing. It may be wiser to be alone than in toxic or unsafe community.