

Spheres of Influence

The objective of this activity is to identify ways in which you can be a change agent to generate systems change toward healing and equity. It is intended to be used to help you brainstorm and identify areas that are important to you.

Priority Area(s)

These are the areas where I would like to focus system change efforts:

Control

These are the things we can manage, change or have some control over — our awareness, reactions, communications, and behaviors. These are also the things we can do in our job given our positions.

At the current moment, I can control or influence the following related to my priority area(s):

Influence

These are the factors (people, places, spaces, policies, etc.) that we interact with and have networks and/or relationships that we can influence.

In the areas I have influence, I can do the following to influence my priority area(s):

Name

These are the factors(people, places, spaces, policies, etc.) that I can name that play a role in supporting or hindering healing:

These are the area(s) that I can name that are important for creating or sustaining system change:

