



## Understanding the Spheres of Control

Sustaining the Work: Practical Self Care for Home Visiting Professionals

### Sphere of Concern

- Federal and state policy changes
- Systemic inequities in service access
- Community-level resource availability
- Societal attitudes toward families
- Funding decisions beyond your organization

### Sphere of Influence

- Agency policies & programs
- Team culture & professional norms
- Relationships with supervisors & colleagues
- Advocacy within your organization
- Modeling culturally responsive interactions

### Sphere of Control

- Setting and honoring professional boundaries
- Pursuing growth through learning & self-care
- Your thoughts, words, & actions
- How you show up for families each visit
- Your commitment to reflective practice

### Pause & Reflect

What is one thing within your Sphere of Control that you can commit to this week?  
How might shifting your focus from concern to control change your experience of this work?

### What to Do With Each Sphere?

#### LET GO

Name it, acknowledge it, and release it. Redirect your energy to where it matters.



#### TRUST THE PROCESS

Advocate, model, and build relationships. Plant seeds and trust they will grow.



#### OWN IT

Commit to one intentional action today. This is where your power lives.

