

WHAT INFLUENCES YOU?

An *influence* is the effect a person or thing has on another, and it can be positive, negative, or even both. For the exercise below:

1. Think about a decision you've made in the past. It can be as simple as what you chose to wear today or as complex as where to go to college. Write that decision in the Decision circle. (Example: *Do I study for Friday's test or go out with friends?*)
2. Think about who or what influenced that decision. Write the influence down in the positive or negative

column. If the influence affects you both positively and negatively, write it in both columns.

3. Does each influence affect you equally? In the small circles next to each influence you wrote, rank each one to see what affects your decision the most, with 1 being the most influential and 10 being the least influential.
4. Write about the impact you think these influences will have, or have had, on the decision you wrote in the Decision circle.

Positive Influences

Decision

Negative Influences

○ _____

○ _____

○ _____

○ _____

○ _____

○

○ _____

○ _____

○ _____

○ _____

○ _____

Impact

←

EXAMPLES OF INFLUENCES:

- Parents/Family
- Friends
- Coaches/Teachers
- Trusted Adults
- Hobbies/Interests
- School
- Sports
- Social Media
- Media (e.g., advertisements)
- Values
- Likes/Dislikes
- Pressure to Perform
- Religion/Faith
- Celebrities
- Influencers