



## Under the Influence

Instructions: List up to five people who influence you and up to five people you influence. Then, rate how much these people influence you and how much you influence them. Rate the influence on a scale from 1 to 3 (1 = a little, 2 = sometimes, 3 = a lot). Finally, write P, N, or PN to describe whether the influence is positive, negative, or both. Remember, this list is only for you. No one else will see it.

People who influence me

How much?

Positive or  
negative?

- |    |       |       |       |
|----|-------|-------|-------|
| 1. | _____ | _____ | _____ |
| 2. | _____ | _____ | _____ |
| 3. | _____ | _____ | _____ |
| 4. | _____ | _____ | _____ |
| 5. | _____ | _____ | _____ |

People I influence

How much?

Positive or  
negative?

- |    |       |       |       |
|----|-------|-------|-------|
| 1. | _____ | _____ | _____ |
| 2. | _____ | _____ | _____ |
| 3. | _____ | _____ | _____ |
| 4. | _____ | _____ | _____ |
| 5. | _____ | _____ | _____ |