

# WHO INFLUENCES MY CHOICES—AND HOW?

## Introduction

The decisions we make are shaped by many factors, including the people around us. Understanding who influences your choices—and how they do it—can help you make more intentional decisions that align with your own values and goals. This worksheet will guide you through exploring the various influences in your life and how they affect your decision-making process.

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## ACTIVITY 1: Influence Mapping

**Instructions:** In the spaces below, list the people and groups who influence your decisions in different areas of your life.

### Family Influences:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Friend Influences:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### School/Work Influences:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Media/Social Media Influences:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Cultural/Religious Influences:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Community Influences:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Reflection Questions:**

1. Which category has the strongest influence on your choices?
  2. Are there any influences you hadn't recognized before completing this activity?
  3. Which influences do you welcome, and which would you prefer to reduce?
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## **ACTIVITY 2: Decision Dissection**

**Instructions:** Think of 3 recent important decisions you've made. For each one, analyze the influences behind it.

**Decision 1:** \_\_\_\_\_

- What factors influenced this decision? \_\_\_\_\_
- Which people's opinions did I consider? \_\_\_\_\_
- How much of this decision was based on what others thought I should do? (1-10) \_\_\_\_\_
- How much of this decision reflected my own values and desires? (1-10) \_\_\_\_\_
- If I could make this decision again, would I change anything?  
\_\_\_\_\_

**Decision 2:** \_\_\_\_\_

- What factors influenced this decision? \_\_\_\_\_
- Which people's opinions did I consider? \_\_\_\_\_
- How much of this decision was based on what others thought I should do? (1-10) \_\_\_\_\_
- How much of this decision reflected my own values and desires? (1-10) \_\_\_\_\_
- If I could make this decision again, would I change anything?  
\_\_\_\_\_

**Decision 3:** \_\_\_\_\_

- What factors influenced this decision? \_\_\_\_\_
- Which people's opinions did I consider? \_\_\_\_\_
- How much of this decision was based on what others thought I should do? (1-10) \_\_\_\_\_
- How much of this decision reflected my own values and desires? (1-10) \_\_\_\_\_
- If I could make this decision again, would I change anything?  
\_\_\_\_\_

**Patterns I notice about my decision-making:** \_\_\_\_\_

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## ACTIVITY 3: Influence Types Assessment

**Instructions:** For each person who significantly influences your choices, identify what type(s) of influence they have. Check all that apply.

Person	Direct Advice	Silent Judgment	Role Model	Fear of Disappointment	Encouragement	Pressure	Other
Example : Mom	✓	✓		✓	✓		

### Reflection Questions:

1. Which type of influence tends to affect you the most?
  2. Are you more influenced by positive encouragement or by fear of negative consequences?
  3. Which influences help you make better choices for yourself?
  4. Which influences might hold you back from making choices that are right for you?
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## ACTIVITY 4: Pressure Scenarios

**Instructions:** Read each scenario and answer the questions that follow.

**Scenario 1:** Your friends want you to skip studying for an important test to go to a party. You know you need to study, but they're pressuring you to come along.

- What types of pressure might your friends use?  
\_\_\_\_\_
- How would this pressure make you feel? \_\_\_\_\_
- What could you say to resist this pressure?  
\_\_\_\_\_
- Who could support your decision to study instead?  
\_\_\_\_\_

**Scenario 2:** Someone you respect wants you to participate in an activity that goes against your values or makes you uncomfortable.

- What makes this pressure particularly difficult to resist?  
\_\_\_\_\_
- What values of yours are being challenged?  
\_\_\_\_\_
- What short statements could you use to clearly decline?  
\_\_\_\_\_
- How might standing firm affect your relationship with this person?  
\_\_\_\_\_

**Scenario 3:** You see others posting certain types of content on social media and feel pressure to do the same, even though it doesn't feel authentic to you.

- Why does social media create such strong pressure to conform?  
\_\_\_\_\_
  - What are you afraid might happen if you don't follow trends?  
\_\_\_\_\_
  - How could you use social media in a way that feels more authentic to you?  
\_\_\_\_\_
  - Who in your life values authenticity over popularity?  
\_\_\_\_\_
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## ACTIVITY 5: Influence Journal

**Instructions:** For one week, keep track of moments when you feel influenced by others in your decisions.

Day	Decision	Who influenced me	How they influenced me	Did I make the choice I truly wanted?	What I learned
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Mon					
Tue					
We d					
Thu					
Fri					
Sat					
Sun					

**End-of-Week Reflection:**

1. What patterns did you notice about when you're most susceptible to influence?
  2. Were there certain people whose influence you prioritized over others?
  3. Did tracking these influences change how you made decisions throughout the week?
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## ACTIVITY 6: Values Clarification

**Instructions:** When you're clear about your own values, it's easier to recognize when outside influences align with what matters to you.

1. Circle your top 5 values from the list below:

Honesty | Kindness | Achievement | Adventure | Creativity | Family Security | Independence | Justice | Learning | Respect | Health Friendship | Spirituality | Fun | Loyalty | Recognition | Growth

2. For each of your top 5 values, list a person in your life who strongly represents or supports this value:

Value 1: \_\_\_\_\_ Person: \_\_\_\_\_ Value 2: \_\_\_\_\_ Person: \_\_\_\_\_  
 \_\_\_\_\_ Value 3: \_\_\_\_\_ Person: \_\_\_\_\_ Value 4: \_\_\_\_\_  
 Person: \_\_\_\_\_ Value 5: \_\_\_\_\_ Person: \_\_\_\_\_

3. Are there any important values where you lack supportive influences?  
 \_\_\_\_\_

4. Are there people influencing you whose values conflict with yours?  
 \_\_\_\_\_
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## ACTIVITY 7: Media Influence Analysis

**Instructions:** Track your media consumption for 2-3 days and analyze how it influences your thoughts, desires, and decisions.

Media Type	Examples I Consumed	Messages Promoted	How This Influences My Choices	Is This Influence Helpful or Harmful?
Social Media				
TV/Movies				
Music				
News				
Advertising				
Other				

### Reflection Questions:

1. What products, activities, or lifestyle choices is your media consumption encouraging?
  2. How does media influence your perception of what's "normal" or expected?
  3. What steps could you take to be more conscious of media influences?
  4. Are there any media sources you should add or remove from your life?
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## ACTIVITY 8: Influence Pushback Practice

**Instructions:** Practice responses to common types of influence or pressure you experience.

**Situation 1:** Someone tries to make you feel guilty for not doing what they want.

- What they might say: \_\_\_\_\_
- How this makes you feel: \_\_\_\_\_
- Your practiced response: \_\_\_\_\_

**Situation 2:** Someone uses flattery to influence your decision.

- What they might say: \_\_\_\_\_
- How this makes you feel: \_\_\_\_\_
- Your practiced response: \_\_\_\_\_

**Situation 3:** Someone suggests "everyone is doing it" to pressure you.

- What they might say: \_\_\_\_\_
- How this makes you feel: \_\_\_\_\_
- Your practiced response: \_\_\_\_\_

**Situation 4:** Someone rushes you to make a decision before you're ready.

- What they might say: \_\_\_\_\_
- How this makes you feel: \_\_\_\_\_
- Your practiced response: \_\_\_\_\_

**Key phrases to remember when facing unwanted influence:**

- "I need time to think about this."
  - "This doesn't feel right for me."
  - "I respect your opinion, but I've decided to..."
  - "I'm not comfortable with that."
  - "This doesn't align with my values."
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## ACTIVITY 9: Positive Influence Identification

**Instructions:** Identify people who influence you in positive ways and analyze what makes their influence beneficial.

Person	How They Influence Me	Why Their Influence Is Positive	How I Can Strengthen This Connection

**Questions to Consider:**

1. What qualities do these positive influences share?
  2. How do these people respect your autonomy while still providing guidance?
  3. How can you seek out more people with these qualities?
  4. How can you become this type of positive influence for others?
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## ACTIVITY 10: Personal Influence Statement & Action Plan

**Part A: Personal Influence Statement** Complete these sentences:

- I want to be more influenced by... \_\_\_\_\_

- I want to be less influenced by... \_\_\_\_\_
- When facing pressure, I will remember that... \_\_\_\_\_
- My decisions should primarily reflect... \_\_\_\_\_
- I have the right to... \_\_\_\_\_
- I am responsible for... \_\_\_\_\_

**Part B: Action Plan**

List 3 specific changes you'll make to take more control of who influences your choices:

1. \_\_\_\_\_
  - First step: \_\_\_\_\_
  - Potential obstacles: \_\_\_\_\_
  - How I'll overcome them: \_\_\_\_\_
2. \_\_\_\_\_
  - First step: \_\_\_\_\_
  - Potential obstacles: \_\_\_\_\_
  - How I'll overcome them: \_\_\_\_\_
3. \_\_\_\_\_
  - First step: \_\_\_\_\_
  - Potential obstacles: \_\_\_\_\_
  - How I'll overcome them: \_\_\_\_\_

**Final Reflection Questions**

1. What surprised you most about exploring the influences in your life?
2. In which areas of your life do you feel you make the most independent choices?
3. In which areas do you feel most strongly influenced by others?
4. What's one type of influence you want to be more aware of going forward?
5. How can you maintain your sense of self while still being open to positive influences?
6. What's the difference between being influenced and being controlled?
7. How can you help others make their own choices while still offering guidance?

**Remember:** Being influenced by others is natural and can be positive. The goal isn't to eliminate all outside influence, but to be conscious of how others affect your choices so you can decide which influences to welcome and which to minimize.