

Personal Influence Inventory

Get off by yourself this week for at least 30 minutes and thoughtfully reflect on each question. If you can make time, answer by yourself and then spend some time processing your answers with a friend.

1. What sources of information do I consume most (news, podcasts, books, social media, conversations)?
2. Which voices shape how I interpret the world — and do they lead me toward truth or anxiety?
3. Who are the people I let speak into my life the most?
4. How do they make me feel about myself and my direction?
5. Do I seek approval from certain people or groups more than I seek to live by conviction?
6. Do I spend more time in prayer, scripture, or worship — or in entertainment and noise?
7. When I face decisions, what influences my choices more: conviction, comfort, or convenience?

8. What habits or routines do I practice daily that shape who I'm becoming?

9. What role does technology (social media, apps, streaming) play in influencing my mood or productivity?

10. How do I decide what to spend my time and energy on each day?

11. Do my habits reflect my values — or my impulses?