

Decision-making Influences

We are all faced with a stream of different influences, both positive and negative. This is especially true when discussing the future; school, career, relationships and more. This exercise helps you identify the key influences you are subjected to in regards to your academic and professional plans. First, you identify negative influences that are interfering with your plan. Then, you identify the positive influences that support you with carrying your plan through. Influences, both positive and negative, can come from your entourage (family, friends, partner, etc.), the social environment you live in (media, politics, geography, etc.) or your own self. Try to list these influences in order of importance.

Negative influences

Entourage	Social Environment	Yourself

Positive influences

Entourage	Social Environment	Yourself