

### My Choices and Influences

We all have influences in our lives and they impact on many things we say and do. Look at all of your choices and choose the person or group that are the major influence under each heading. Give a brief description of why in the box.

Choices Influences	Clothes I Wear	Food I Eat	Risks I Take	How I Spend my Free Time	Music I Enjoy	The Way I Behave
Best Friend						
Family						
Media/TV, Magazines, Internet						
Friends at School/Peers						
Role Models						
Me						
Other Influences						