# Skill-Building Challenge Worksheet: Influences on Your Wellness

Name: Blank Class: Blank Date: Blank

What are some of the influences on your wellness, and how important are they to you? Spend time thinking about influences related to family, peers, media, technology, community, values, and culture. Remember that wellness is not only being free from disease but also actively making healthy choices in all areas of your life.

Once you’ve identified as many influences as you can, write at least three of them, in order of greatest to least influence, for each category of wellness in the table. For example, if reading books stimulates your intellectual curiosity, you would write “books” under “Intellectual.” After completing the list, reflect on the category of influence that has the most significant impact on you. Explain your reasoning for choosing that particular category.

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| Part of wellness | *Influence 1* | *Influence 2* | *Influence 3* |
| Physical  |  |  |  |
| Emotional |  |  |  |
| Social |  |  |  |
| Spiritual |  |  |  |
| Intellectual |  |  |  |

What category of influence has the most significant impact on you? Why?