

# WHO I CHOOSE TO BE AND SEE

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List the 5 people you spend the most time with:

List the first characteristic or descriptive word that comes to mind for each of these people:

Take a look at each person and the word you chose to associate with them. Then place a P next to that word if it is a positive characteristic or an N if negative:

List the 5 main ways you take in information daily (Ex: social media, TV, databases, books, music, videos):

Take a look at the previous list and write a sentence about each item, noting what type of information you receive and how it makes you feel and how it influences you:

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