



## Influences Quiz

### What's Influencing Your Identity?

Take a few minutes to think about how your worth has been defined by checking off each statement that is true for you:

- what my friends say about me
- what my parents think about me
- what my teachers say about me
- what my boyfriend thinks of me
- what my coaches or instructors think of me
- what my pastor thinks of me
- what my youth leader thinks of me
- what I think about myself
- what God thinks of me

As you look at this list, can you recognize who has the most influence on you?

Can you see how you're motivated to believe certain things about yourself based on your relationships?

If you had to put this list in priority order, which opinion gets the number one position?  
The last position?

Is that really the way it should be?

Beside the people in your life, you are also influenced by how you spend your time, so let's figure out where all your time is going to. Jot down the minutes/hours invested in the blank:

watching TV \_\_\_\_\_  
listening to non-Christian music \_\_\_\_\_  
listening to Christian music \_\_\_\_\_  
reading for fun \_\_\_\_\_  
surfing the internet \_\_\_\_\_  
shopping \_\_\_\_\_  
hanging with friends \_\_\_\_\_  
school work \_\_\_\_\_  
working out \_\_\_\_\_  
reading your Bible \_\_\_\_\_  
praying \_\_\_\_\_  
church \_\_\_\_\_  
serving others by choice \_\_\_\_\_  
leadership responsibilities \_\_\_\_\_  
time with family \_\_\_\_\_

What do you spend most of your time doing?

What do you spend the least amount of your time doing?

Can you see how those "time consumers" are impacting your identity and sense of worth?

What do you think should change so that you can more clearly embrace your identity in Christ?