

Sphere of Influence Worksheet

Working from the innermost circle to the outermost circle, complete the diagram below with the names of those individuals whose opinion and advice matters to you. For example, the innermost circle would be the individual(s) you listen to the most and the outermost circle would be those individuals you listen to the least.

Here are some examples of individuals that may be influential in your life: family members, good friends, casual friends, teachers, faculty/staff members, coaches, advisors, clergy/religious.

After completing your sphere, develop a system to identify whether the individuals you listed are positive or negative influences in your life. Create a key to show how you are identifying them (i.e. positive influences are highlighted; a plus by a person's name signifies a positive influence while a minus signifies a negative influence). Make sure to include your key on this paper.

After you have completed your Sphere of Influence Worksheet, you will need to respond to the reflection questions/prompts provided as part of this sanction condition. The questions/prompts can be accessed via this link (which is also provided in your outcome letter): https://cm.maxient.com/reportingform.php?WestChesterUniv&layout_id=54. Be sure to upload your worksheet prior to submitting your reflection questions.

