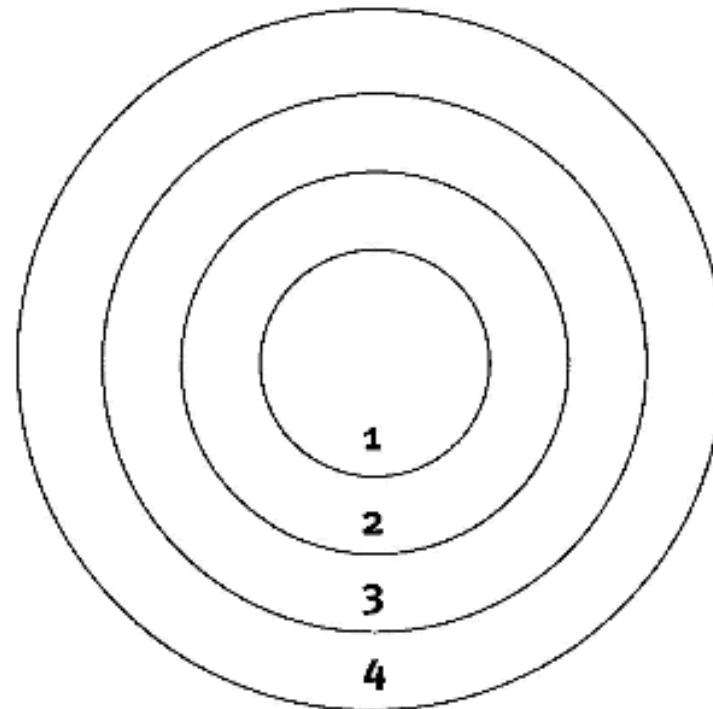


SPHERES OF INFLUENCE



1. **Self:** Educating yourself, understanding your values and feelings, examining how you want to change
2. **Close family and friends:** Influencing the people closest to you
3. **Social, school and work relationships:** Friends and acquaintances, co-workers, neighbors, classmates, people with whom you interact on a regular basis
4. **Community:** People with whom you interact infrequently or in community settings