



An inventory of the relationships, habits, and the ideas that fuel my life

These family members and friends have considerable impact and influence on me -
(list names here):

My relationships at these places (home, school, church, work, stores, ball fields, restaurants, friends' homes) have considerable impact and influence on me -
(list names/places here):

These personal habits have considerable impact and influence in my life:
(Circle all that apply and add others that are important.) "I have the habit of _____."

carefulness	carelessness	thoughtfulness	neglecting people	neglecting duties	humility
pride	courage	generosity	selfishness	inclusion	isolation
promptness	responsibility	empathy	kindness	patience	ignoring
tardiness	listening	cheerfulness	giving attention	sullenness	integrity
manipulation	truthfulness	deceit	judgement	sarcasm	worry
trusting	resilience	hope	personal hygiene	persistence	initiative
bullying	pleasing	respect	being present	caring for & about	rest
exaggerating	minimizing	order	chaos	vulnerability	hiding

I trust these ideas & they have considerable impact and influence on my life:
(Circle all that apply and add others that are important.) "I trust (seek/believe) _____."

immediate gratification	freedom	control	an intentional life	being good
"I am a victim of my circumstances."	contentment	despair	"I'll work for love."	fear
"I need more."	"I can."	"I can't."	"me vs. you"	drama
compare & despair	striving	compliance	forgiveness	bitterness
compassion	grace	religion	self-righteousness	hope
being right	rebellion	myself	God	love
"I am unconditionally loved."	scarcity	enough	disapproval	perfectionism

Pause and reflect on your inventory.

- Go back and use a highlighter to indicate the relationships, habits, and ideas that have an impact and influence on your life **for good**. Use a different color highlighter to indicate the relationships, habits, and ideas that have an impact and influence on your life that are **not good**.
- **The goal is not to have all good and eliminate all “not good.” The goal is to intentionally connect with good!**

Consider the impact and influence of your relationships, habits, and the ideas you are currently trusting. Make a few notes here.

What changes would be helpful? **What new connections can you make with relationships who can help build new habits?** What new, **true** ideas can you start trusting?

What is the one, most important change you're excited to make? Who can help you?

Three effective solutions to build a thriving family:

1. Connection offers strength when it has an impact and influence for good. Connect with those who can help; connect with those who need help.
2. Trade bad habits for good ones. Give someone permission to help you.
3. Trade lies for truth. Let others you trust help you.