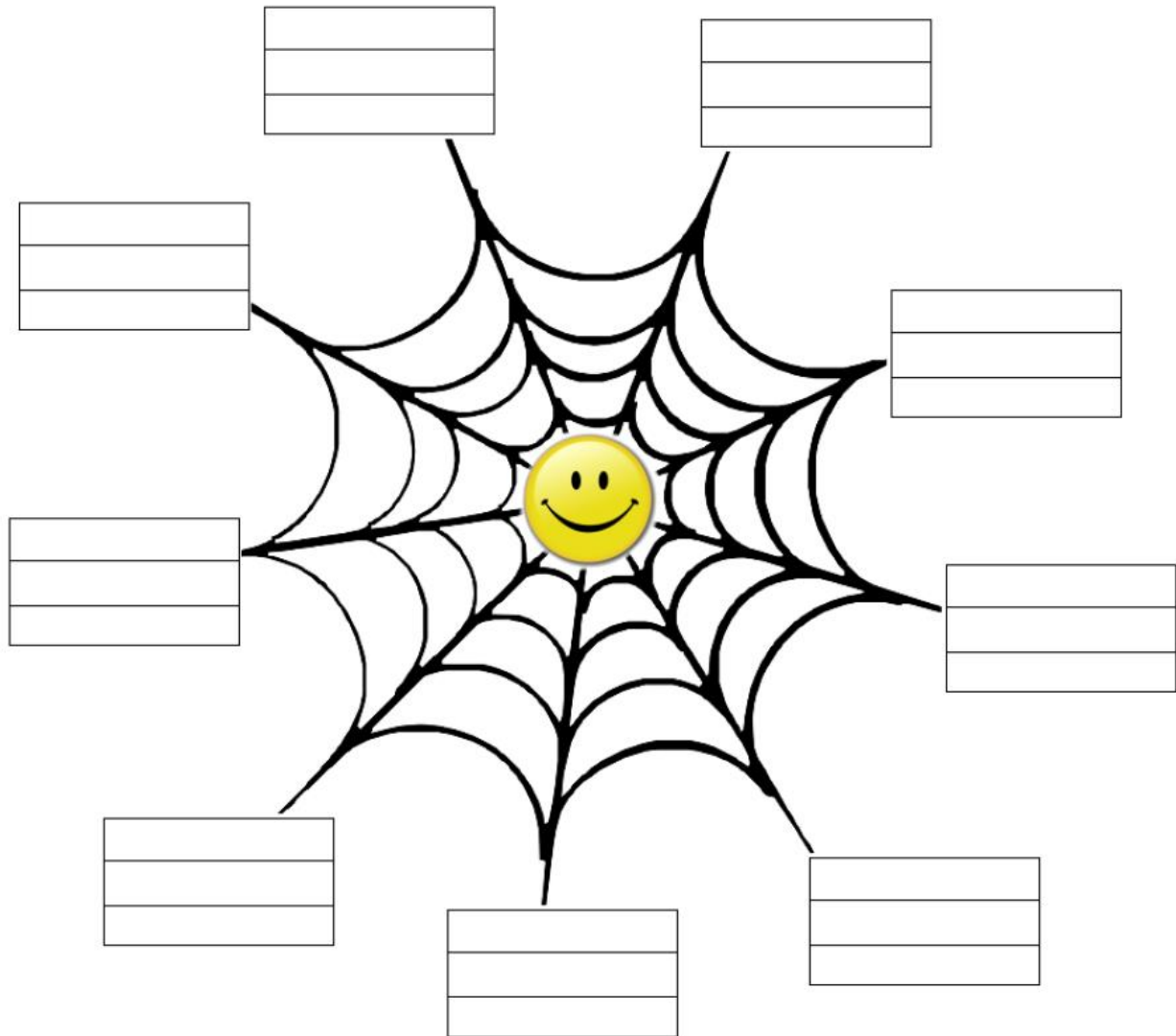


# MY WEB OF INFLUENCE



Research shows that we are 171% more likely to gain weight if our friends gain weight, and their values in other areas impact us, as well. Think about what qualities define you first (center of the web), and then fill in the boxes that radiate out from the middle with the names of the people closest to you, and their values. Are the values of the people closest to you the values that you want to define you? Do you see any changes you might want to make in this web? Is there anyone you need to remove? Is there someone you'd like to add? Now make another copy of the web and fill it in with your "ideal" Web of Influence, and set some goals to change your life accordingly and bring those people more deeply into your day-to-day life.