**Directions**

1. Listed in the first column in the table below are factors that influence your lifestyle. Review these and add to the list—add specific factors under the general grouping and/or more general groupings at the end of the list.

2. For each factor listed, note positive and/or negative ways it could affect your lifestyle.

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| --- | --- | --- |
| **Factor** | **Positive Aspects** | **Negative Aspects** |
| Choice of Work |  |  |
|  |  |  |
|  |  |  |
| Work Habits |  |  |
|  |  |  |
|  |  |  |
| Culture |  |  |
|  |  |  |
|  |  |  |
| Socio-economic Status |  |  |
|  |  |  |
|  |  |  |
| Family Configuration |  |  |
|  |  |  |
|  |  |  |
| Values |  |  |
|  |  |  |
|  |  |  |
| Leisure Activities |  |  |
|  |  |  |
|  |  |  |
| Other |  |  |
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