

Personal Impact Wheel

Name _____ Date _____

- A. Impact Wheel Questions
- B. Personal Impact Wheel (drawing)

- A. Impact Wheel Questions

Answer the following questions on a separate sheet of paper:

1. Family

How has your family affected your personal characteristics? Do they support your development? Your life choices? For example, do they teach you to be respectful, honest, or encourage your interests? Has your birth order in your family affected who you have become?

2. Gender

Are you encouraged or discouraged from choosing certain pathways because of your gender?

3. Learning Experiences

State places or experiences that have taught you something. How do you approach new learning experiences now?

4. Skills/Talents

List your abilities and strengths. How have these influenced your choices?

5. Interests

State activities you enjoy (e.g., playing music, reading, exercising, traveling, etc.). Describe how these activities impact your life.

6. Values and Beliefs

State what you value (e.g., friendship) and what you believe in (e.g., freedom of expression). Are any of these encouraged or discouraged and how has this influenced you?

7. Significant Others

List names of people who are important to you, or who have had an influence in your life. Be sure to also include "non-family". Describe the role they have played in your life.

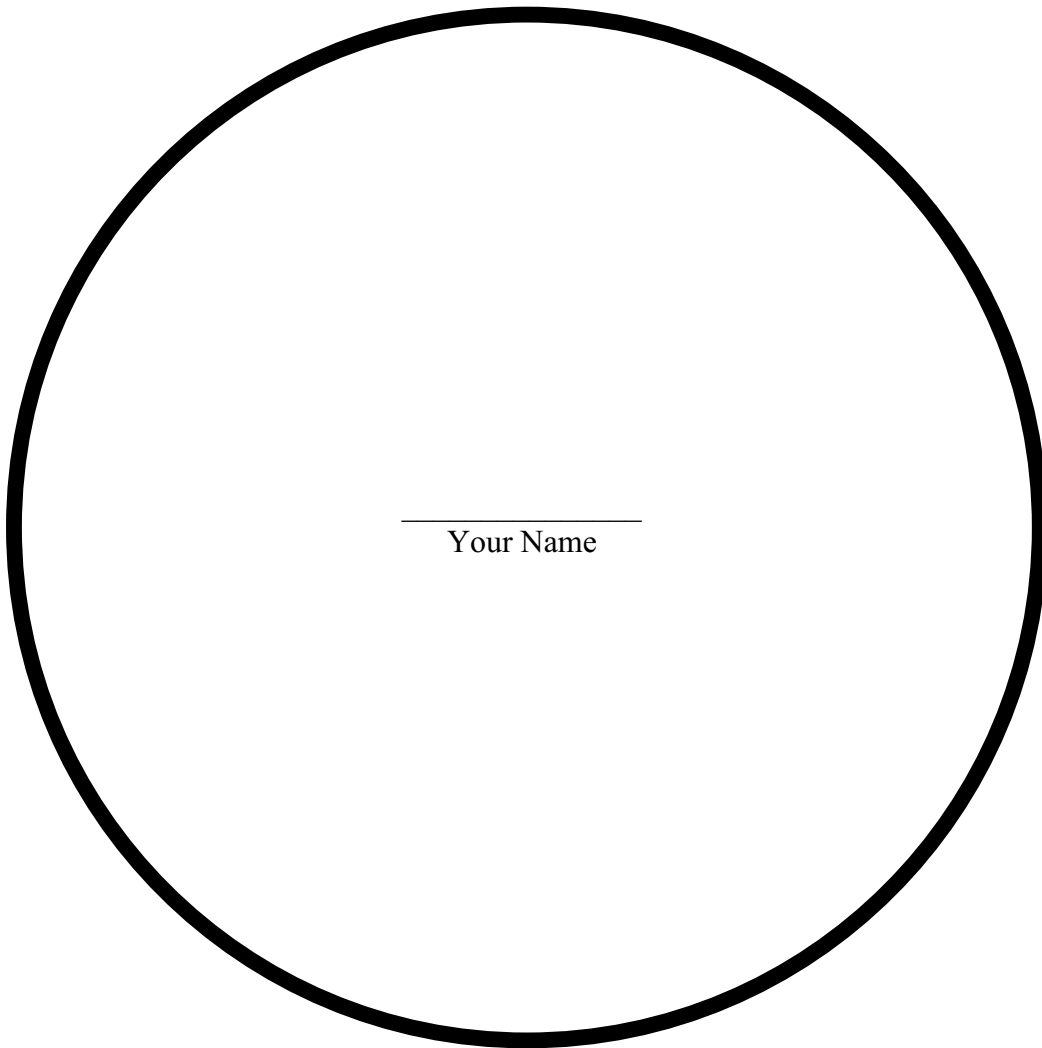
8. Leisure Experiences

State what you like to do in your spare time. What impact does this have on who you are?

B. Personal Impact Wheel (drawing)

Name _____ **Date** _____

Based on your own personal experiences, complete an impact wheel. Write your name in the centre of the circle. Divide the wheel into segments based on the impact each factor has on your life (e.g., family may require more space than interests).



Impacts to include on your wheel

Family, Gender, Learning Experiences, Skills/Talents, Interests, Values and Beliefs, Significant Others, Leisure Experiences